

STUDIES ~~IN THE~~
PSYCHOLOGY OF SEX
BY HAVELOCK ELLIS

STUDIES IN THE PSYCHOLOGY OF SEX
COMPLETE IN TWO VOLUMES

With a new foreword by HAVELLOCK ELLIS

* VOLUME I *

PART ONE

*The Evolution of Modesty · The Phenomena of
Sexual Periodicity · Auto-Erotism*

PART TWO

*Analysis of the Sexual Impulse · Love and Pain
The Sexual Impulse in Women*

PART THREE

Sexual Selection in Man

PART FOUR

Sexual Inversion

VOLUME II *

PART ONE

*Erotic Symbolism · The Mechanism of Detumescence
The Psychic State in Pregnancy*

PART TWO

Eonism and Other Supplementary Studies

PART THREE

Sex in Relation to Society

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VOLUME I

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Sexual Selection in Man

PART FOUR

Sexual Inversion

HOUSE · NEW YORK

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FOREWORD

The late Victorian decency wave, which got a running start with the criminal prosecution of Charles Swinburne's *Poems and Ballads* in 1866 and gathered momentum with the long battle of the English censors against Henry Vizetelly, publisher of Zola's novels in English—Vizetelly, a man of seventy and ill, went to jail for three months—reached its climax in 1898 in the proceedings against Havelock Ellis' *Studies in the Psychology of Sex*. Curiously enough, Ellis himself was not molested. George Bedborough, Editor of *The Adult Review*, was arrested for selling the work. He received a suspended sentence.

It was for good reason, then, that the first volume of the *Studies* was published in Germany—in the Germany of Freud, Hirschfeld and Stekel—and in the German language. Even the great Library of the British Museum felt the impact of the moral purge; it carried Ellis' work on its shelves but cautiously omitted it from its catalog.

Since the episode of 1898—it seems incredible enough in retrospect, almost as if the authorities were now to suppress the writings of Millikan, Carrel and Hrdlicka—much has happened. Today Havelock Ellis is no longer the rebel, the lone and distrusted pathfinder, probing into things the Victorians preferred to consign to secrecy. He is the foremost living authority on the psychology of sex, and his *Studies* are accepted without question as the greatest contribution in the English language to the subject to which he has devoted a long lifetime.

Perhaps the most striking commentary on the emergence of Ellis from the shadowy regions of sex heresy into the full light of world recognition may be found in his own introduction to the *Studies*. In paying tribute to his wife for her loyalty during the years he was struggling for ac-

ceptance, he says that he is happy he can now do so openly; and he refers to the fact that back in the early days, when his work was still suspect, he was unwilling to mention her name in connection with his work because he feared "that to some persons any association with it might not seem creditable."

Many factors have contributed to the changed mores of the last two generations. A profound progress has taken place in our attitude towards sex, due partly to the natural forward march of events and in a large measure to the researches of men like Ellis.

Many words which shocked our society a few decades ago now are used without a blush. The degree to which our bodies are covered changes every few years. Less than a decade ago women were sent to jail for appearing on beaches in bathing suits without stockings or sleeves. The human body is no longer considered an obscene object. The only tightening of emotional censorship has occurred in those lands which have moved to the right economically. When countries go to the right politically, women go back into the kitchen, books are burned and taboos fence off new frontiers against human adventure.

We have learned that suppression serves merely to aggravate the purported evil against which it is aimed; and that in the long run it is healthier, both for the individual and for society, to have full, free discussion of the causes, manifestations and deviations of man's deepest urge. Sex is no longer taboo; and much of the old hypocrisy is gone, not only from newspapers, books and plays, but also from personal and social ethics.

The courts have played an important part in this salutary evolution. In the *Dennett* case (1930), the Circuit Court of Appeals for the first time placed the seal of judicial approval on rational sex instruction for adolescents, saying:

"* * * accurate information, rather than mystery and curiosity, is better in the long run and is less likely to occasion

lascivious thoughts and ignorance and anxiety. * * * We hold that an accurate exposition of the relevant facts of the sex side of life, in decent language and in manifestly serious and disinterested spirit, cannot ordinarily be regarded as obscene."

In 1931 Federal Judge Woolsey cleared of the charge of obscenity Dr. Stopes' *Married Love*, a sex manual for adults long under ban. It is illuminating to note that his acquaintance with the work of Havelock Ellis aided him in coping with the legal problem presented; as a matter of fact he referred to this specifically in his opinion, saying:

"To one who has read Havelock Ellis as I have, the subject matter of Dr. Stopes' book is not wholly new. * * * It is informative and instructive, and I think that any married folk who read it cannot fail to be benefited by its counsels of perfection and its frank discussion of the frequent difficulties which necessarily arise in the more intimate aspects of married life. * * *"

And so, where yesterday the matter of disseminating sex information was a furtive, haphazard thing, today it is part of the accepted pattern of our lives. Books dealing with the various aspects of the sexual problem are freely circulated. The treatises which are available to the general public are not only those which deal with the ordinary problems of what Judge Woolsey in the *Ulysses* case called "l'homme moyen sensuel"—the adult of normal sex instincts—but also those which pertain to sexual aberrations. Van de Velde, Stekel, Kraft-Ebing, Forel, Hirschfeld and Symonds are sold without official hindrance wherever men buy the printed word. That this is as it should be cannot be gainsaid. For it is not sufficient for the layman to understand his own normal nature. Unless he has some grasp of the psychopathology of sex, he cannot as an intelligent member of society hope to deal sensibly with the question presented by the abnormalities of his less fortunate fellows.

Ellis' *Studies* are a classic of their kind; and it is a felicitous occasion that brings the work before the public

after a long and tempestuous career, in a new format and under a new imprint. Ellis's fame derives from his many fearless observations on life; the *Studies* still remain the chief symbol. That they constitute an incredibly rich mine of information for the physician, psychologist, psychiatrist, criminologist and educator, goes without saying. But for the general public their significance is no less great. They offer a foundation for a broader understanding of the complex social problem of sexual deviation.

MORRIS L. ERNST

New York

January, 1936

FOREWORD

The re-issue of these *Studies*, in a new form and from a new publishing house, seems a favourable opportunity for reviewing the history of a work which I have always regarded as my main task in life. It has been a long and sometimes troubled history.

I was a youth of sixteen when I formed the resolve to undertake the exploration of this matter; I can still recall the moment and the spot at which the inspiration came to me. It was in Australia where I had lately arrived, and in the neighbourhood of Sydney. Like many other boys of my age, brought up in a good and religious home protected from the world, I was much puzzled over the phenomena of sex. I had already acquired a sceptical outlook; I viewed with contempt the hypocritical ultra-Puritanic, sentimental, or obscurantist teaching on sex, supported by the most varied theories, often fantastic, put forward by the few writers who at that time ventured even to touch on the subject. Where could I find real help and guidance in this difficult yet so vital field? I was already in wide touch with the cultural and scientific literature of various lands. But the answer, so far as I could see, to this question was: Nowhere. I determined that I would make it the main business of my life to get to the real natural facts of sex apart from all would-be moralistic or sentimental notions, and so spare the youth of future generations the trouble and perplexity which this ignorance had caused me.

It may seem an ambitious project. But I was not moved by ambition in the ordinary sense. No thought of worldly "success" entered my mind, nor had my resolve anything to do with the question of earning my living. As to that question, indeed, I was still in the dark; I knew I had to make my living. I still did not know how I should do it. The study of sex never appeared to me as a path to any money-making

profession. In those days I should have been foolish if it had so appeared. I can honestly say that no dream of the reputation which one day—long afterwards, it is true—was to come to me ever entered my head. The field was unpromising and I myself—with no prospects, no background, no equipment—could scarcely be considered anything but unpromising.

Yet, unpromising as everything was, my resolve stood firm. Soon it appeared to me that the necessary portal to the study I had in mind was a medical training. That realisation also scarcely seemed helpful. I had no taste or desire for the ordinary physician's life, nor any financial backing to support a medical student's long course. As I look back, I cannot understand how I could have formulated such a programme.

Yet the gods proved to be on my side. From totally unexpected sources I received the aid necessary to enable me to enter a medical school and I fulfilled the whole course, very leisurely, for in addition to the routine studies imposed, I was enlarging my literary interests and activities, as well, of course, as following the tracks which seemed to lead to my main goal.

Even before entering the medical school I had determined that the preliminary step, in approaching the facts of sex life, was a study of the general facts of sex differences quite apart from the central impulse: the study of secondary and, as I found it necessary to term them, tertiary human sexual characters. At an early stage I began to explore these characters, to collect data, to sift and analyse them. It was the more necessary since, even on so simple and ever-present subject as this, there was no general agreement: the majority of people seemed to regard men as somehow "superior;" a minority held that men and women were really just alike and equal; there were comparatively few who held that men and women are unlike but equivalent, with neither sex superior. That, however, was the result to which, it seemed to me, the facts pointed. In 1894 I brought out my book *Man and Woman*, in which this matter was investigated more thoroughly than had ever been done before. While I privately

regarded the book as the necessary preliminary stage of my main work, it had also a completely independent existence. It has several times been revised and enlarged, and in its seventh and eighth editions (Boston and London, 1934) it has at length reached, so far as I am concerned, its final shape.

Even before the publication of *Man and Woman* a new factor came, at all events for a short time, into the scheme of my life. John Addington Symonds, distinguished as critic and historian suggested to me in 1892 (in the first place through Arthur Symonds) that we should co-operate in a book on sexual inversion. Although we were already in friendly touch by correspondence on general literary matters, he knew nothing of my proposed work, or, as he remarked later, he would have considered his proposal an impertinence. He had, however, printed privately two small books dealing with the matter, one on Greek pederastia, the other on the modern problem of sexual inversion. He knew at that time far more about the subject than I did, as I had never been specially attracted to it, while he felt personally concerned in the problems involved, and had come into close contact with many more or less distinguished inverters. I agreed to the co-operation, feeling it an advantage to be associated with an author of recognised distinction who knew so much more about this subject, and, at Symonds' suggestion, I drew up an outline of the volume. This he accepted, although, as he pointed out, I had assigned the chief part to myself; that, however, seemed inevitable, since it was on the scholarly and historical side alone that Symonds could properly enter. But before we had time to make progress with the work, or even to have an opportunity of meeting, Symonds, attacked by influenza, died suddenly in Rome in April, 1893.

Two results, however, followed this attempted co-operation. I had been led to place the volume on "Sexual Inversion" at the head of the series of *Studies*, where it was definitely out of place, and, as I was using much of Symonds' earlier material placed by him in my hands, I felt bound to add his name to my own on the title page. When completed,

three years later, the volume was at once translated into German by my friend Dr. Hans Kurella, who had already translated other books of mine, and published in Leipzig in 1896.

I had not yet found an English publisher, though I had approached several London medical publishers; they were all afraid of the subject, though at least one said he would have been glad to accept the book if he had not the privilege of being an English publisher. I had also sent the manuscript to Williams and Norgate, an established firm of repute, who issued scientific books, and were thus the sort of publishers I desired. They, quite properly, submitted the manuscript for the opinion of Dr. Hack Tuke, editor of the *Journal of Mental Science*, and one of the most distinguished alienists of the day. It so happened that Hack Tuke was a friend of my own, and that indeed I cherished an affectionate regard and esteem for him. He had been helpful to me; he had welcomed my co-operation in his *Journal* (for which I continued to be a constant contributor for some twenty years later), and we were in frequent contact. He had also been an intimate friend of Dr. Symonds, father of J. A. Symonds. But he belonged to an eminent Quaker family; he was an old man, and while of liberal and tolerant mind his traditions were those of an earlier age. I was not, therefore, surprised, and could even have foretold, that he advised against the publication of the book. It was characteristic of him that he at once frankly told me he had been consulted and explained to me his attitude in the matter. He had no disapproval for my treatment of the subject, and he considered it a legitimate subject to treat when restricted to professional readers. But, he said, it was impossible so to restrict it, and there were many on whose minds such a detailed discussion of the matter might have a disturbing effect; even at the best, he concluded, "there are always the compositors." I had no wish to bring forward any opposing arguments; I fully understood his attitude. I never felt the slightest resentment; on both sides the friendship remained the same, though not long afterward his life came to an end.

I had to seek another publisher. At that time my friend Mr. Perry-Coste (later he wrote his name "Perrycoste"), who took an interest in my work, communicated to me a piece of news which he thought might be helpful. Perry-Coste was himself a scientific worker, and carried out various series of instructive observations (one of which appears as an appendix to the first volume of my *Studies*), so I was prepared to attach value to his information. He told me that a certain Mr. Astor Singer, a man of wealth, whose acting manager was his brother-in-law, a Dr. Roland de Villiers, desired to set up a small publishing business in order to issue quietly a few high-class works, mostly scientific, to be printed at a linotype press he had just then expensively set up. The genuineness of the scheme appeared to be guaranteed by Mr. (later the Right Hon.) J. M. Robertson, who was associating himself with it. This seemed very much the kind of publisher I wanted. I sought out Dr. de Villiers and had a satisfactory interview with him. He was a large and gentle creature who entered the room with a stealthy cat-like tread, but I had nothing to complain of in his reception of my visit. He agreed to publish the book, and accepted my condition that it should only be advertised in medical and scientific quarters. I had no fault to find with the fulfilment of these conditions, or with any breach of financial undertakings on the publisher's part.

But we gradually realised that "Dr. Roland de Villiers" was not what he professed to be, and that we were being entangled in an elaborate mystification, though it was not till later that we learned that this had a more or less criminal background. "Mr. Astor Singer," the wealthy principal who was never visible, but living in the Riviera or travelling in Mexico, was a fiction. "Dr. Roland de Villiers," as the police eventually made clear, was a German of good birth, son of an eminent judge, and of the real name of Georg Ferdinand Springmuhl von Weissenfeld. He had had a brilliant academic career in Germany in science, medicine and literature, and had married a German lady of good family.

But his dubious conduct estranged his father, and after forging cheques he had fled to England in 1880 and entered on the career of swindler, sometimes on a large scale, setting up bogus companies by which he netted very large sums of money, so that, though he was sometimes arrested, and even condemned to imprisonment, he was always well supplied with funds. His versatile fertility in expedients was extraordinary; he had a passion for mystification which he showed in all sorts of small ways, scarcely involving any self-interest. I have always regarded him as a man with a curious mental kink even more than a criminal, although in that latter capacity he was an amazing figure. He succeeded in duping us all

But before the volume was actually published, on the very eve of issue, another check was encountered. Symonds' literary executor, Horatio Brown, himself a distinguished scholar and an authority on Venetian history, suddenly intervened. He had been in close touch with Symonds, and I had been throughout on friendly terms with him, staying, when in Venice at his house on the Zattere. He had entirely approved of the German publication with the joint authorship announced on the title page and also approved of English publication. But now, at this final moment, he withdrew permission. I imagine that the family became alarmed and authorised Brown to buy up the whole edition for destruction. At all events, that was what was done, though—whether or not intentionally I do not know—some copies which I later heard of in circulation were preserved. The result was that I had to go through the whole volume, removing the rather disjointed fragments due to Symonds, though retaining the anonymous histories he had supplied. Henceforth I appeared as sole author, and the volume acquired uniformity of tone and a better shape. In its renewed form the book appeared in 1897. It was reviewed in medical and scientific quarters, if with no great enthusiasm, nearly always with complete approval and never with the slightest condemnation.

But, unknown to us all, the police had their eyes on my publisher and were ready to pounce as soon as he offered an

opportunity. His publication of a book which might legally be termed "obscene" evidently seemed to them a God-sent occasion.

It so happened that there was at that time a society calling itself the Legitimation League which had some business dealings with de Villiers' printing press. The League (with which I had no connection whatever) was itself somewhat suspicious in the eyes of the police, for it existed for the purpose of advocating radical reforms in marriage and for improving the status of illegitimate children, and had as Honorary President Miss Lillian Harman, daughter of Moses Harman, of Chicago, a pioneer for sexual enlightenment in America. The Honorary Secretary of the League was Mr. George Bedborough who, on account of his relations with de Villiers, had a few copies of my book for sale, though they were not exposed. But the detective employed by the police to attend the League's meetings and to cultivate friendly relations with its members became aware of their existence. He saw a magnificent opportunity for killing two birds with one stone.

One day—it was the 27th of May, 1898—he arrived at the League's offices, purchased a copy of my book—and arrested Bedborough. Far from London, at my home in Cornwall, I heard the news that same day. Miss Harman (personally unknown to me) who was then on a short visit to England, chanced to be with Mr. Bedborough at the moment and she telegraphed the news to me. Directly afterward I had a letter from de Villiers to the same effect, with the addition that he had heard I was also to be arrested. A warrant had been issued for his own arrest, and he discreetly disappeared, to Cologne, he said, though it might have been only to his own house in Cambridge where, as later became known, he had secret chambers constructed. Before effacing himself he authorised me to obtain legal defence for himself and my book, guaranteeing responsibility for the costs, and this undertaking he faithfully carried out.

I came up from Cornwall to town, and on the advice of a legal friend (being myself completely innocent in such matters), I went to an established firm of solicitors whose conduct throughout was always sensible and beyond criticism, though they had no very prominent part to play, since publisher and author were not directly attacked and therefore not entitled to any voice in open court. Bedborough's friends entrusted his case to another solicitor whose conduct in the case was so unsatisfactory that it led subsequently to a disciplinary investigation by the Law Society. But they showed good judgment by selecting as counsel for the defence a promising young barrister, Mr. Horace Ivory, eager to distinguish himself in what promised to be an epoch-making case. The unfortunate course of the trial, however, and the mismanagement by Bedborough's solicitor, prevented him from appearing. He amply distinguished himself later in life, and died as recently as 1935, one of the most eminent and respected of English judges.

In the long and trying interval before the trial a Free Press Defence Committee was formed to gather in moral support and financial assistance. The moving spirit in constituting and calling together this committee was Mr. Henry Seymour, who had no connection whatever with my *Studies*, though he has won some distinction in another field. It was as a particularly scandalous attack on freedom of scientific speech that the prosecution aroused him to action, and he displayed an energy for which I have always felt grateful in marshalling the forces of defense. Among those who joined the Committee (most of them at the time personally unknown to me) were J. M. Robertson, Grant Allen, Bernard Shaw, George Moore, Frank Harris, Belfort Bax, Herbert Burrows, Walter Crane, Edward Carpenter, H. M. Hyndman, G. J. Holyoake, and William Sharp, a varied and distinguished company, though not a single physician appeared among them. I should add, however, that I privately received many letters of warm sympathy and approval from distinguished alienists and psychiatrists, British, European and

American. But public support was small. Numerous public meetings were held, and never reported in the newspapers, while even a paid advertisement was refused by a prominent Liberal newspaper, the *Daily Chronicle*.

The trial took place on the 31st of October, 1898. There is no occasion to go into its details. Those who are interested will find it set down in full from the verbatim report made at the time on behalf of the Defence Committee, in Chapter XII of Dr. Houston Peterson's *Havelock Ellis*.

The accusation was, in legal phraseology, "of having unlawfully and wickedly published and sold, and caused to be procured and to be sold, a wicked, bawdy, and scandalous, and obscene book called *Studies in the Psychology of Sex*, Vol. I, Sexual Inversion," intending (as it was further set out in an earlier indictment by the Grand Jury) "to vitiate and corrupt the morals of the liege subjects of our Lady the Queen, to debauch and poison the minds of divers of the liege subjects of our said Lady the Queen, and to raise and create in them lustful desires, and to bring the liege subjects into a state of wickedness, lewdness, and debauchery." The "alleged libels" were duly appended to this indictment and consisted not in anything whatever that I had written, but merely in a few details concerning early life from the Histories recorded, and in these Histories, I may remark, I had really toned down certain crude details, which do not seem to me essential in a psychological study. The defence was fully prepared, a momentous fight was anticipated, and I arrived in good time accompanied by my wife, who had throughout been my loyal and devoted comrade, as well as being especially successful in securing financial assistance among her friends for Bedborough's defence. We were accommodated in a room at the back of the court, the Old Bailey, the ancient Court House in Newgate, and I was ready to appear if called upon by the Judge.

But at the last moment, without consulting the Defence Committee or his counsel, Bedborough, feeling—naturally enough, no doubt—that he was being tried for an offence

with which he was in reality only by accident concerned and might be called upon to suffer severely in a cause he had never had at heart, had been to Scotland Yard and come to an understanding with the Commissioner of Police who was directing the prosecution, that by submission it would be possible for him to be let off without punishment. (It is probable that the Commissioner had at length realised how formidable was the defence, and it has been stated, whether or not correctly, that the proposal for a compromise came from the police.) So, now without counsel to represent him, Bedborough pleaded "guilty" to the charge so far as my book was concerned (there were minor charges affecting the publications of the Legitimation League)—and the whole defence collapsed.

The speech of the prosecuting counsel was almost apologetic for Bedborough, explaining that the prisoner had been to the police and proved that he "had taken no principal part in this terrible traffic," having indeed only sold three copies of the book, and suggesting to the Judge that sentence should be "deferred."

Accordingly, Sir Charles Hall, sitting in capacity of Judge, bound Bedborough over on his own recognizance to come up for judgment if called upon. At the same time he thought well to improve the occasion by giving the defendant a piece of his own mind: "You have pleaded guilty, and you have acted wisely in so pleading, for it would have been impossible for you to have contended with any possibility whatever of being able to persuade anybody to believe that this book, this lecture, and this magazine were not filthy and obscene. . . . I am willing to believe that in acting as you did, you might at the first outset perhaps have been gulled into the belief that somebody might say that this was a scientific work. But it is impossible for anybody with a head on his shoulders to open the book without seeing that it is a pretence and a sham, and that it is merely entered into for the purpose of selling this obscene publication. . . . The result will be this—that so long as you do not touch this filthy work again with

your hands and so long as you lead a respectable life you will hear no more of this. But if you choose to go back to your evil ways, you will be brought up before me, and it will be my duty to send you to prison for a very long term."

These remarks have always seemed to me instructive. This is the sort of man, with this kind of insight into human motives and this ability to appreciate scientific methods, to whom we give the power of pronouncing judgment on the products of the human spirit, not only the lowest but perhaps the highest products. But, beyond that, we even permit such a man to inflict punishment—heavy fines, long imprisonment—on a person concerned even remotely, and with however innocent and even admirable a motive, in this production. It is not as though this man, Sir Charles Hall, were below the average of those in such positions. In the exercise of all legitimate legal functions he was probably above the average. He had been the personal attorney who acted for the Prince of Wales (afterward King Edward), an honourable position, and he had not reached the age of senility, though very little after the Bedborough trial his death occurred, whether or not hastened by the contemptuous comments his conduct on that occasion evoked in some quarters. Mr. Bedborough has, as the Judge hoped, lived a "respectable" and even respected life, as indeed he had previously, but, even though allowed to go free, the prosecution was a serious blow in his career, and for some time he found it desirable to change his name and live abroad.

For my part, I regarded the attitude of the Judge, and indeed the whole case, as a decisive indication of the attitude of the English police and English Courts where my work was concerned. I immediately issued a statement (which also is contained in Dr. Peterson's book), setting out that these conditions involved "a risk to others and a domination over myself which I at all events have no intention of submitting to. . . . The decision I have been forced to reach seems inevitable. To wrestle in the public arena for freedom of speech is a noble task which may be worthily undertaken by

any man who can devote to it the best energies of his life. It is not, however, a task which I ever contemplated. I am a student and my path has long been marked out. I may be forced to pursue it under unfavourable conditions, but I do not intend that any consideration shall induce me to swerve from it, nor do I intend to injure my work or distort my vision of life by entering upon any struggle. . . . I insist upon doing my own work in my own way."

Thus I at once resolved on the publication of the further *Studies* outside England. De Villiers seemed to fall in with this plan. He had already arranged to issue the next volume, "The Evolution of Modesty and Other Studies," which was mostly ready, and he undertook to publish it in Germany. Immediately after the trial I arranged to spend the winter in Morocco, partly in order to be in an atmosphere as unlike as possible that of the Old Bailey, and partly for the benefit of my wife's health. During the few days in Cornwall between the trial and our departure in the Orient liner from Plymouth, I dictated from my notes the remaining study (that of Sexual Periodicity) for this volume to a skilled stenographer, the only occasion on which I have adopted this method. The stenographer in question, who had for some time been interested in my work, was Miss N. G. Bacon, with whom we had arranged to take charge of our house during our absence. She had formerly been a secretary to W. T. Stead, the famous journalist, who, though he had not joined the Defence Committee, then, and ever afterwards, took a friendly and personal interest in my work.

But troubles were not yet over. The volume appeared next year and bore "Leipzig" on the title page. That imprint was merely a fiction. The book was really printed and published in England precisely as was the first volume. And the results were similar. The books were seized and ordered to be "burnt." This, I was informed, meant that the copies were distributed among police officers, so that they might study them and be prepared to deal with similar books when encountered. De Villiers himself was arrested for another

offence at his house in Cambridge, some time later, and immediately took poison which, it was said, he carried about with him secreted in a ring he always wore.

Even if de Villiers had survived, I was far too disgusted by the fraudulent trick he had played ever to have had any further dealings with him. I looked around for another publisher.

An opening appeared with little delay. The prosecution had caused much indignation among friends in America. One of them, I think it was Dr. J. G. Kiernan, of Chicago—already a psychiatric pioneer in the field of sex and one of the first to come out on my side—suggested to me the F. A. Davis Company of Philadelphia as suitable publishers for the *Studies*. Mr. Davis was an enterprising publisher who had already issued Krafft-Ebing's *Psychopathia Sexualis* (then the chief existing work in the field of sexual pathology). I put the proposition before Mr. Davis, and at once, without question or hesitation, he agreed to take over the *Studies*. As soon as possible, in 1901, he issued "The Evolution of Modesty," etc. as Volume I and "Sexual Inversion" speedily followed as Volume II. I was pleased to be able to effect this change of order, for, as already mentioned, I had not originally proposed to start the *Studies* with what was inevitably regarded as an abnormal subject, and to put it at the head served to excuse the not uncommon error of describing my *Studies* as "pathological." There is no real ground for such a description. It was true of the earlier books on the subject of sex, notably of the best-known of these, Krafft-Ebing's, in which the whole field of normal sexuality was dismissed in half a dozen feeble and scrappy pages. The original inspiration of my own work, and the guiding motive throughout, was the study of normal sexuality. I have always been careful to show that even the abnormal phenomena throw light on the normal impulse, since they have their origin either in an exaggeration or a diminution of that impulse; while, reversely, we are better able to understand the abnormal when we realise how closely it is related to the normal.

During the following ten years, the further volumes gradually appeared. They were sold by the F. A. Davis Company only to professional readers, and there was never the slightest hint of any obstacle to their publication. The American public and American authorities have, even from the first, shown a friendly or, at all events, tolerant attitude to my work. In 1910 the sixth and, as I had intended it, final volume, "Sex in Relation to Society." This is the largest, and also in my opinion—as I believe in that of my readers—the most important volume. In the earlier volumes I had been dealing with the sexual impulse in the individual; here I was concerned with that impulse as it was woven into the whole social texture. At the end of the Volume, I placed a Postscript.

During the fifteen years that followed, several of the volumes were re-issued in much re-written or revised shapes. They were also translated, more or less completely, into the leading languages of the world, German, French, Spanish, Italian, Portuguese, Japanese, etc.

At the same time certain aspects of sexual psychology, either left over from the *Studies* or belonging to the borderland of sex, began to take more definite shape in my mind. They were written from time to time and at last constituted a large supplementary seventh volume, published in 1928, with which my work in the whole field may be said to be finally completed. In the present four-volume edition, "Sex and Society" appears last.

I have only to mention that in 1933 I issued with another publishing firm a Student's Manual in one volume entitled *The Psychology of Sex*. This title led some who had not seen the book to conclude that it was a summary of the seven volumes of the *Studies*. That was a complete misapprehension. The Manual, intended in the first place for students who would later study the subject elaborately, and in the second place for general readers who would be content with a brief statement, is more systematic and even more comprehensive than the *Studies*, but could not possibly sum-

marise seven large volumes. It is not a summary but an introduction.

Today the *Studies* are transferred to another publishing house which issues them in a new and more generally available form. Therewith my work enters another phase. The pioneering stage is over. No longer is it a risky and dangerous enterprise to approach this field, with pitfalls on every side. Now the legitimacy of the field is generally accepted; everyone is free to enter it, even though still from time to time we find with a shock that the legal and police traditions of the past are not yet dead. But among the professional and educated general public there is no longer any doubt, and not merely concerning the immense importance of sex alike in individual and social life. It is today almost universally accepted, when it is not actively urged, that definite knowledge of so deeply vital a subject is necessary for all, and that without it life must ever remain perilous. Nor is mere information enough; there is always a lurking peril. With all the information available, the sexual life can never be easy. Here, as elsewhere, discipline is needed as well as knowledge, and art as well as discipline. That is the reason why we must continue to study the problems of sexual psychology.

HAVELOCK ELLIS

24 Holmdene Avenue,
Herne Hill, London.
22, September, 1935

PART ONE

The Evolution of Modesty

The Phenomena of Sexual Periodicity

Auto-Erotism

GENERAL PREFACE.

The origin of these *Studies* dates from many years back. As a youth I was faced, as others are, by the problem of sex. Living partly in an Australian city where the ways of life were plainly seen, partly in the solitude of the bush, I was free both to contemplate and to meditate many things. A resolve slowly grew up within me: one main part of my life-work should be to make clear the problems of sex.

That was more than twenty years ago. Since then I can honestly say that in all that I have done that resolve has never been very far from my thoughts. I have always been slowly working up to this central problem; and in a book published some three years ago—*Man and Woman: a Study of Human Secondary Sexual Characters*—I put forward what was, in my own eyes, an introduction to the study of the primary questions of sexual psychology.

Now that I have at length reached the time for beginning to publish my results, these results scarcely seem to me large. As a youth, I had hoped to settle problems for those who came after; now I am quietly content if I do little more than state them. For even that, I now think, is much; it is at least the half of knowledge. In this particular field the evil of ignorance is magnified by our efforts to suppress that which never can be suppressed, though in the effort of suppression it may become perverted. I have at least tried to find out what are the facts, among normal people as well as among abnormal people; for, while it seems to me that the physician's training is necessary in order to ascertain the facts, the physician for the most part only obtains the abnormal facts, which alone bring little light. I have tried to get at the facts, and, having got at

the facts, to look them simply and squarely in the face. If I cannot perhaps turn the lock myself, I bring the key which can alone in the end rightly open the door: the key of sincerity. That is my one panacea: sincerity.

I know that many of my friends, people on whose side I, too, am to be found, retort with another word: reticence. It is a mistake, they say, to try to uncover these things; leave the sexual instincts alone, to grow up and develop in the shy solitude they love, and they will be sure to grow up and develop wholesomely. But, as a matter of fact, that is precisely what we can not and will not ever allow them to do. There are very few middle-aged men and women who can clearly recall the facts of their lives and tell you in all honesty that their sexual instincts have developed easily and wholesomely throughout. And it should not be difficult to see why this is so. Let my friends try to transfer their feelings and theories from the reproductive region to, let us say, the nutritive region, the only other which can be compared to it for importance. Suppose that eating and drinking was never spoken of openly, save in veiled or poetic language, and that no one ever ate food publicly, because it was considered immoral and immodest to reveal the mysteries of this natural function. We know what would occur. A considerable proportion of the community, more especially the more youthful members, possessed by an instinctive and legitimate curiosity, would concentrate their thoughts on the subject. They would have so many problems to puzzle over: How often ought I to eat? What ought I to eat? Is it wrong to eat fruit, which I like? Ought I to eat grass, which I don't like? Instinct notwithstanding, we may be quite sure that only a small minority would succeed in eating reasonably and wholesomely. The sexual secrecy of life is even more disastrous than such a nutritive secrecy would be; partly because we expend such a wealth of moral energy in directing or misdirecting it, partly because the sexual impulse normally develops at the same time as the intellectual impulse, not in,

the early years of life, when wholesome instinctive habits might be formed. And there is always some ignorant and foolish friend who is prepared still further to muddle things: Eat a meal every other day! Eat twelve meals a day! Never eat fruit! Always eat grass! The advice emphatically given in sexual matters is usually not less absurd than this. When, however, the matter is fully open, the problems of food are not indeed wholly solved, but everyone is enabled by the experience of his fellows to reach some sort of situation suited to his own case. And when the rigid secrecy is once swept away a sane and natural reticence becomes for the first time possible.

This secrecy has not always been maintained. When the Catholic Church was at the summit of its power and influence it fully realized the magnitude of sexual problems and took an active and inquiring interest in all the details of normal and abnormal sexuality. Even to the present time there are certain phenomena of the sexual life which have scarcely been accurately described except in ancient theological treatises. As the type of such treatises I will mention the great tome of Sanchez, *De Matrimonio*. Here you will find the whole sexual life of men and women analyzed in its relationships to sin. Everything is set forth, as clearly and as concisely as it can be—without morbid prudery on the one hand, or morbid sentimentality on the other—in the coldest scientific language; the right course of action is pointed out for all the cases that may occur, and we are told what is lawful, what a venial sin, what a mortal sin. Now I do not consider that sexual matters concern the theologian alone, and I deny altogether that he is competent to deal with them. In his hands, also, undoubtedly, they sometimes become prurient, as they can scarcely fail to become on the non-natural and unwholesome basis of asceticism, and as they with difficulty become in the open-air light of science. But we are bound to recognize the thoroughness with which the Catholic theologians dealt with these matters, and, from their own point of view, indeed,

the entire reasonableness; we are bound to recognize the admirable spirit in which, successfully or not, they sought to approach them. We need to-day the same spirit and temper applied from a different standpoint. These things concern everyone; the study of these things concerns the physiologist, the psychologist, the moralist. We want to get into possession of the actual facts, and from the investigation of the facts we want to ascertain what is normal and what is abnormal, from the point of view of physiology and of psychology. We want to know what is naturally lawful under the various sexual chances that may befall man, not as the born child of sin, but as a naturally social animal. What is a venial sin against nature, what a mortal sin against nature? The answers are less easy to reach than the theologians' answers generally were, but we can at least put ourselves in the right attitude; we may succeed in asking that question which is sometimes even more than the half of knowledge.

It is perhaps a mistake to show so plainly at the outset that I approach what may seem only a psychological question not without moral fervour. But I do not wish any mistake to be made. I regard sex as the central problem of life. And now that the problem of religion has practically been settled, and that the problem of labor has at least been placed on a practical foundation, the question of sex—with the racial questions that rest on it—stands before the coming generations as the chief problem for solution. Sex lies at the root of life, and we can never learn to reverence life until we know how to understand sex.—So, at least, it seems to me.

Having said so much, I will try to present such results as I have to record in that cold and dry light through which alone the goal of knowledge may truly be seen.

HAVELOCK ELLIS.

July, 1897.

PREFACE TO THE THIRD EDITION.

THE first edition of this volume was published in 1899, following "Sexual Inversion," which now forms Volume II. The second edition, issued by the present publishers and substantially identical with the first edition, appeared in the following year. Ten years have elapsed since then and this new edition will be found to reflect the course of that long interval. Not only is the volume greatly enlarged, but nearly every page has been partly rewritten. This is mainly due to three causes: Much new literature required to be taken into account; my own knowledge of the historical and ethnographic aspects of the sexual impulse has increased; many fresh illustrative cases of a valuable and instructive character have accumulated in my hands. It is to these three sources of improvement that the book owes its greatly revised and enlarged condition, and not to the need for modifying any of its essential conclusions. These, far from undergoing any change, have by the new material been greatly strengthened.

It may be added that the General Preface to the whole work, which was originally published in 1898 at the beginning of "Sexual Inversion," now finds its proper place at the outset of the present volume.

HAVELOCK ELLIS.

24 Holmdene Avenue,
Herne Hill, London.

PREFACE TO THE FIRST EDITION.

THE present volume contains three studies which seem to me to be necessary *prolegomena* to that analysis of the sexual instinct which must form the chief part of an investigation into the psychology of sex. The first sketches the main outlines of a complex emotional state which is of fundamental importance in sexual psychology; the second, by bringing together evidence from widely different regions, suggests a tentative explanation of facts that are still imperfectly known; the third attempts to show that even in fields where we assume our knowledge to be adequate a broader view of the phenomena teaches us to suspend judgment and to adopt a more cautious attitude. So far as they go, these studies are complete in themselves; their special use, as an introduction to a more comprehensive analysis of sexual phenomena, is that they bring before us, under varying aspects, a characteristic which, though often ignored, is of the first importance in obtaining a clear understanding of the facts: the tendency of the sexual impulse to appear in a spontaneous and to some extent periodic manner, affecting women differently from men. This is a tendency which, later, I hope to make still more apparent, for it has practical and social, as well as psychological, implications. Here—and more especially in the study of those spontaneous solitary manifestations which I call auto-erotic—I have attempted to clear the ground, and to indicate the main lines along which the progress of our knowledge in these fields may best be attained.

It may surprise many medical readers that in the third and longest study I have said little, save incidentally, either of treatment or prevention. The omission of such considerations at this stage is intentional. It may safely be said that in no other field of human activity is so vast an amount of strenuous didactic

morality founded on so slender a basis of facts. In most other departments of life we at least make a pretence of learning before we presume to teach; in the field of sex we content ourselves with the smallest and vaguest minimum of information, often ostentatiously second-hand, usually unreliable. I wish to emphasize the fact that before we can safely talk either of curing or preventing these manifestations we must know a great deal more than we know at present regarding their distribution, etiology, and symptomatology; and we must exercise the same coolness and caution as—if our work is to be fruitful—we require in any other field of serious study. We must approach these facts as physicians, it is true, but also as psychologists, primarily concerned to find out the workings of such manifestations in fairly healthy and normal people. If we found a divorce-court judge writing a treatise on marriage we should smile. But it is equally absurd for the physician, so long as his knowledge is confined to disease, to write regarding sex at large; valuable as the facts he brings forward may be, he can never be in a position to generalize concerning them. And to me, at all events, it seems that we have had more than enough pictures of gross sexual perversity, whether furnished by the asylum or the brothel. They are only really instructive when they are seen in their proper perspective as the rare and ultimate extremes of a chain of phenomena which we may more profitably study nearer home.

Yet, although we are, on every hand, surrounded by the normal manifestations of sex, conscious or unconscious, these manifestations are extremely difficult to observe, and, in those cases in which we are best able to observe them, it frequently happens that we are unable to make any use of our knowledge. Moreover, even when we have obtained our data, the difficulties—at all events, for an English investigator—are by no means overcome. He may take for granted that any serious and precise study of the sexual instinct will not meet with general approval; his work will be misunderstood; his motives will be called in question; among those for whom he is chiefly working he will find indifference. Indeed, the pioneer in this field may well

count himself happy if he meets with nothing worse than indifference. Hence it is that the present volume will not be published in England, but that, availing myself of the generous sympathy with which my work has been received in America, I have sought the wider medical and scientific audience of the United States. In matters of faith, "liberty of prophesying" was centuries since eloquently vindicated for Englishmen; the liberty of investigating facts is still called in question, under one pretence or another, and to seek out the most vital facts of life is still in England a perilous task.

I desire most heartily to thank the numerous friends and correspondents, some living in remote parts of the world, who have freely assisted me in my work with valuable information and personal histories. To Mr. F. H. Perry-Coste I owe an appendix which is by far the most elaborate attempt yet made to find evidence of periodicity in the spontaneous sexual manifestations of sleep; my debts to various medical and other correspondents are duly stated in the text. To many women friends and correspondents I may here express my gratitude for the manner in which they have furnished me with intimate personal records, and for the cross-examination to which they have allowed me to subject them. I may already say here, what I shall have occasion to say more emphatically in subsequent volumes, that without the assistance I have received from women of fine intelligence and high character my work would be impossible. I regret that I cannot make my thanks more specific.

HAVELOCK ELLIS.

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THE EVOLUTION OF MODESTY.

I.

The Definition of Modesty—The Significance of Modesty—Difficulties in the Way of Its Analysis—The Varying Phenomena of Modesty, Among Different Peoples and in Different Ages.

MODESTY, which may be provisionally defined as an almost instinctive fear prompting to concealment and usually centering around the sexual processes, while common to both sexes is more peculiarly feminine, so that it may almost be regarded as the chief secondary sexual character of women on the psychical side. The woman who is lacking in this kind of fear is lacking, also, in sexual attractiveness to the normal and average man. The apparent exceptions seem to prove the rule, for it will generally be found that the women who are, not immodest (for immodesty is more closely related to modesty than mere negative absence of the sense of modesty), but without that fear which implies the presence of a complex emotional feminine organization to defend, only make a strong sexual appeal to men who are themselves lacking in the complementary masculine qualities. As a psychical secondary sexual character of the first rank, it is necessary, before any psychology of sex can be arranged in order, to obtain a clear view of modesty.

The immense importance of feminine modesty in creating masculine passion must be fairly obvious. I may, however, quote the observations of two writers who have shown evidence of insight and knowledge regarding this matter.

Casanova describes how, when at Berne, he went to the baths, and was, according to custom, attended by a young girl, whom he selected from a group of bath attendants. She undressed him, proceeded to undress herself, and then entered the bath with him, and rubbed him thoroughly all over, the operation being performed in the most serious manner and without a word being spoken. When all was over, however, he perceived that the girl had expected him to make advances, and he proceeds to describe and discuss his own feelings of indifference under such circumstances. "Though without gazing on the girl's figure, I had

seen enough to recognize that she had all that a man can desire to find in a woman: a beautiful face, lively and well-formed eyes, a beautiful mouth, with good teeth, a healthy complexion, well developed breasts, and everything in harmony. It is true that I had felt that her hands could have been smoother, but I could only attribute this to hard work; moreover, my Swiss girl was only eighteen, and yet I remained entirely cold. What was the cause of this? That was the question that I asked myself "

"It is clear," wrote Stendhal, "that three parts of modesty are taught. This is, perhaps, the only law born of civilization which produces nothing but happiness. It has been observed that birds of prey hide themselves to drink, because, being obliged to plunge their heads in the water, they are at that moment defenceless. After having considered what passes at Otaheite, I can see no other natural foundation for modesty. Love is the miracle of civilization. Among savage and very barbarous races we find nothing but physical love of a gross character. It is modesty that gives to love the aid of imagination, and in so doing imparts life to it. Modesty is very early taught to little girls by their mothers, and with extreme jealousy, one might say, by *esprit de corps*. They are watching in advance over the happiness of the future lover. To a timid and tender woman there ought to be no greater torture than to allow herself in the presence of a man something which she thinks she ought to blush at. I am convinced that a proud woman would prefer a thousand deaths. A slight liberty taken on the tender side by the man she loves gives a woman a moment of keen pleasure, but if he has the air of blaming her for it, or only of not enjoying it with transport, an awful doubt must be left in her mind. For a woman above the vulgar level there is, then, everything to gain by very reserved manners. The play is not equal. She hazards against a slight pleasure, or against the advantage of appearing a little amiable, the danger of biting remorse, and a feeling of shame which must render even the lover less dear. An evening passed gaily and thoughtlessly, without thinking of what comes after, is dearly paid at this price. The sight of a lover with whom one fears that one has had this kind of wrong must become odious for several days. Can one be surprised at the force of a habit, the slightest infractions of which are punished with such atrocious shame? As to the utility of modesty, it is the mother of love. As to the mechanism of the feeling, nothing is simpler. The mind is absorbed in feeling shame instead of being occupied with desire. Desires are forbidden, and desires lead to actions. It is evident that every tender and proud woman—and these two things, being cause and effect, naturally go together—must contract habits of coldness which the people whom she disconcerts call prudery. The power of modesty is so great that a tender woman betrays herself with her lover rather

by deeds than by words. The evil of modesty is that it constantly leads to falsehood." (Stendhal, *De l'Amour*, Chapter XXIV.)

It thus happens that, as Adler remarks (*Die Mangelhafte Geschlechtsempfindung des Weibes*, p. 133), the sexual impulse in women is fettered by an inhibition which has to be conquered. A thin veil of reticence, shyness, and anxiety is constantly cast anew over a woman's love, and her wooer, in every act of courtship, has the enjoyment of conquering afresh an oft-won woman.

An interesting testimony to the part played by modesty in effecting the union of the sexes is furnished by the fact—to which attention has often been called—that the special modesty of women usually tends to diminish, though not to disappear, with the complete gratification of the sexual impulses. This may be noted among savage as well as among civilized women. The comparatively evanescent character of modesty has led to the argument (Venturi, *Degenerazioni Psico-sessuali*, pp. 92-93) that modesty (*pudore*) is possessed by women alone, men exhibiting, instead, a sense of decency which remains at about the same level of persistency throughout life. Viazzi ("Pudore nell'uomo e nella donna," *Rivista Mensile di Psichiatria Forense*, 1808), on the contrary, following Sergi, argues that men are, throughout, more modest than women; but the points he brings forward, though often just, scarcely justify his conclusion. While the young virgin, however, is more modest and shy than the young man of the same age, the experienced married woman is usually less so than her husband, and in a woman who is a mother the shy reticences of virginal modesty would be rightly felt to be ridiculous. ("Les petites pudeurs n'existent pas pour les mères," remarks Goncourt, *Journal des Goncourt*, vol. iii, p. 5.) She has put off a sexual livery that has no longer any important part to play in life, and would, indeed, be inconvenient and harmful, just as a bird loses its sexual plumage when the pairing season is over.

Madame Celine Renooz, in an elaborate study of the psychological sexual differences between men and women (*Psychologie Comparée de l'Homme et de la Femme*, 1898, pp. 85-87), also believes that modesty is not really a feminine characteristic. "Modesty," she argues, "is masculine shame attributed to women for two reasons: first, because man believes that woman is subject to the same laws as himself; secondly, because the course of human evolution has reversed the psychology of the sexes, attributing to women the psychological results of masculine sexuality. This is the origin of the conventional lies which by a sort of social suggestion have intimidated women. They have, in appearance at least, accepted the rule of shame imposed on them by men, but only custom inspires the modesty for which they are praised; it is really an outrage to their sex. This reversal of psychological laws has, however, only been accepted by women with a struggle. Primitive woman, proud of

her womanhood, for a long time defended her nakedness which ancient art has always represented. And in the actual life of the young girl to-day there is a moment when, by a secret atavism, she feels the pride of her sex, the intuition of her moral superiority, and cannot understand why she must hide its cause. At this moment, wavering between the laws of Nature and social conventions, she scarcely knows if nakedness should or should not affright her. A sort of confused atavistic memory recalls to her a period before clothing was known, and reveals to her as a paradisaical ideal the customs of that human epoch."

In support of this view the authoress proceeds to point out that the *décolleté* constantly reappears in feminine clothing, never in male; that missionaries experience great difficulty in persuading women to cover themselves; that, while women accept with facility an examination by male doctors, men cannot force themselves to accept examination by a woman doctor, etc. (These and similar points had already been independently brought forward by Sergi, *Archivio di Psichiatria*, vol. xiii, 1892.)

It cannot be said that Madame Renooz's arguments will all bear examination, if only on the ground that nakedness by no means involves absence of modesty, but the point of view which she expresses is one which usually fails to gain recognition, though it probably contains an important element of truth. It is quite true, as Stendhal said, that modesty is very largely taught; from the earliest years, a girl child is trained to show a modesty which she quickly begins really to feel. This fact cannot fail to strike any one who reads the histories of pseudo-hermaphroditic persons, really males, who have from infancy been brought up in the belief that they are girls, and who show, and feel, all the shrinking reticence and blushing modesty of their supposed sex. But when the error is discovered, and they are restored to their proper sex, this is quickly changed, and they exhibit all the boldness of masculinity. (See *e.g.*, Neugebauer, "Beobachtungen aus dem Gebiete des Scheinzwittertumes, *Jahrbuch für Sexuelle Zwischenstufen*, Jahrgang iv, 1902, esp. p. 92.) At the same time this is only one thread in the tangled skein with which we are here concerned. The mass of facts which meets us when we turn to the study of modesty in women cannot be dismissed as a group of artificially-imposed customs. They gain rather than lose in importance if we have to realize that the organic sexual demands of women, calling for coyness in courtship, lead to the temporary suppression of another feminine instinct of opposite, though doubtless allied, nature.

But these somewhat conflicting, though not really contradictory, statements serve to bring out the fact that a woman's modesty is often an incalculable element. The woman who, under some circumstances and at some times, is extreme in her reticences, under other circumstances

or at other times, may be extreme in her abandonment. Not that her modesty is an artificial garment, which she throws off or on at will. It is organic, but like the snail's shell, it sometimes forms an impenetrable covering, and sometimes glides off almost altogether. A man's modesty is more rigid, with little tendency to deviate toward either extreme. Thus it is, that, when uninstructed, a man is apt to be impatient with a woman's reticences, and yet shocked at her abandonments.

The significance of our inquiry becomes greater when we reflect that to the reticences of sexual modesty, in their progression, expansion, and complication, we largely owe, not only the refinement and development of the sexual emotions,—“*la pudeur*,” as Guyau remarked, “*a civilisé l’amour*,”—but the subtle and pervading part which the sexual instinct has played in the evolution of all human culture.

“It is certain that very much of what is best in religion, art, and life,” remark Stanley Hall and Allin, “owes its charm to the progressively-widening irradiation of sexual feeling. Perhaps the reluctance of the female first long-circuited the exquisite sensations connected with sexual organs and acts to the antics of animal and human courtship, while restraint had the physiological function of developing the colors, plumes, excessive activity, and exuberant life of the pairing season. To keep certain parts of the body covered, irradiated the sense of beauty to eyes, hair, face, complexion, dress, form, etc., while many savage dances, costumes and postures are irradiations of the sexual act. Thus reticence, concealment, and restraint are among the prime conditions of religion and human culture.” (Stanley Hall and Allin, “The Psychology of Tickling,” *American Journal of Psychology*, 1897, p. 31.)

Groos attributes the deepening of the conjugal relation among birds to the circumstance that the male seeks to overcome the reticence of the female by the display of his charms and abilities. “And in the human world,” he continues, “it is the same; without the modest reserve of the woman that must, in most cases, be overcome by lovable qualities, the sexual relationship would with difficulty find a singer who would extol in love the highest movements of the human soul.” (Groos, *Spiele der Menschen*, p. 341.)

I have not, however, been able to find that the subject of modesty has been treated in any comprehensive way by psychologists. Though valuable facts and suggestions bearing on the sexual emotions, on disgust, the origins of tattooing, on ornament and clothing, have been brought forward by physiologists, psy-

chologists, and ethnographers, few or no attempts appear to have been made to reach a general synthetic statement of these facts and suggestions. It is true that a great many unreliable, slight, or fragmentary efforts have been made to ascertain the constitution or basis of this emotion.¹ Many psychologists have regarded modesty simply as the result of clothing. This view is overturned by the well-ascertained fact that many races which go absolutely naked possess a highly-developed sense of modesty. These writers have not realized that physiological modesty is earlier in appearance, and more fundamental, than anatomical modesty. A partial contribution to the analysis of modesty has been made by Professor James, who, with his usual insight and lucidity, has set forth certain of its characteristics, especially the element due to "the application to ourselves of judgments primarily passed upon our mates." Guyau, in a very brief discussion of modesty, realized its great significance and touched on most of its chief elements.² Westermarck, again, followed by Grosse, has very ably and convincingly set forth certain factors in the origin of ornament and clothing, a subject which many writers imagine to cover the whole field of modesty. More recently Ribot, in his work on the emotions, has vaguely outlined most of the factors of modesty, but has not developed a coherent view of their origins and relationships.

Since the present *Study* first appeared, Hohenemser, who considers that my analysis of modesty is unsatisfactory, has made a notable attempt to define the psychological mechanism of shame. ("Versuch einer Analyse der Scham," *Archiv für die Gesamte Psychologie*, Bd. II, Heft 2-3, 1903.) He regards shame as a general psycho-physical phenomenon, "a definite tension of the whole soul," with an emotion superadded. "The state of shame consists in a certain psychic lameness or inhibition," sometimes accompanied by physical phenomena of paralysis, such as sinking of the head and inability to meet the eye. It is a special case of Lipps's psychic stasis or damming up (*psychische Stauung*), always

¹ The earliest theory I have met with is that of St. Augustine, who states (*De Civitate Dei*, Bk. XIV, Ch. XVII) that erections of the penis never occurred until after the Fall of Man. It was the occurrence of this "shameless novelty" which made nakedness indecent. This theory fails to account for modesty in women.

² Guyau, *L'Irreligion de l'Avenir*. Ch. VII.

produced when the psychic activities are at the same time drawn in two or more different directions. In shame there is always something present in consciousness which conflicts with the rest of the personality, and cannot be brought into harmony with it, which cannot be brought, that is, into moral (not logical) relationship with it. A young man in love with a girl is ashamed when told that he is in love, because his reverence for one whom he regards as a higher being cannot be brought into relationship with his own lower personality. A child in the same way feels shame in approaching a big, grown-up person, who seems a higher sort of being. Sometimes, likewise, we feel shame in approaching a stranger, for a new person tends to seem higher and more interesting than ourselves. It is not so in approaching a new natural phenomenon, because we do not compare it with ourselves. Another kind of shame is seen when this mental contest is lower than our personality, and on this account in conflict with it, as when we are ashamed of sexual thoughts. Sexual ideas tend to evoke shame, Hohenemser remarks, because they so easily tend to pass into sexual feelings; when they do not so pass (as in scientific discussions) they do not evoke shame.

It will be seen that this discussion of modesty is highly generalized and abstracted; it deals simply with the formal mechanism of the process. Hohenemser admits that fear is a form of psychic etasis, and I have sought to show that modesty is a complexus of fears. We may very well accept the conception of psychic stasis at the outset. The analysis of modesty has still to be carried very much further.

The discussion of modesty is complicated by the difficulty, and even impossibility, of excluding closely-allied emotions—shame, shyness, bashfulness, timidity, etc.—all of which, indeed, however defined, adjoin or overlap modesty.¹ It is not, however, impossible to isolate the main body of the emotion of modesty, on account of its special connection, on the whole, with

¹ Timidity, as understood by Dugas, in his interesting essay on that subject, is probably most remote. Dr. H. Campbell's "morbid shyness" (*British Medical Journal*, September 26, 1896) is, in part, identical with timidity, in part, with modesty. The matter is further complicated by the fact that modesty itself has in English (like virtue) two distinct meanings. In its original form it has no special connection with sex or women, but may rather be considered as a masculine virtue. Cicero regards "modestia" as the equivalent of the Greek *σωφροσύνη*. This is the "modesty" which Mary Wollstonecraft eulogized in the last century, the outcome of knowledge and reflection, "sobriety of mind," "the graceful calm virtue of maturity." In French, it is possible to avoid the confusion, and *modestie* is entirely distinct from *pudeur*. It is, of course, mainly with *pudeur* that I am here concerned.

the consciousness of sex. I here attempt, however imperfectly, to sketch out a fairly-complete analysis of its constitution and to trace its development.

In entering upon this investigation a few facts with regard to the various manifestations of modesty may be helpful to us. I have selected these from scattered original sources, and have sought to bring out the variety and complexity of the problems with which we are here concerned.

The New Georgians of the Solomon Islands, so low a race that they are ignorant both of pottery and weaving, and wear only a loin cloth, "have the same ideas of what is decent with regard to certain acts and exposures that we ourselves have;" so that it is difficult to observe whether they practice circumcision. (Somerville, *Journal of the Anthropological Institute*, 1897, p. 394.)

In the New Hebrides "the closest secrecy is adopted with regard to the penis, not at all from a sense of decency, but to avoid Narak, the sight even of that of another man being considered most dangerous. The natives of this savage island, accordingly, wrap the penis around with many yards of calico, and other like materials, winding and folding them until a preposterous bundle 18 inches, or 2 feet long, and 2 inches or more in diameter is formed, which is then supported upward by means of a belt, in the extremity decorated with flowering grasses, etc. The testicles are left naked." There is no other body covering. (Somerville, *Journal of the Anthropological Institute*, 1894, p. 368.)

In the Pelew Islands, says Kuhary, as quoted by Bastian, it is said that when the God Irakaderugel and his wife were creating man and woman (he forming man and she forming woman), and were at work on the sexual organs, the god wished to see his consort's handiwork. She, however, was cross, and persisted in concealing what she had made. Ever since then women wear an apron of pandanus-leaves and men go naked. (A. Bastian, *Inselgruppen in Oceanien*, p. 112.)

In the Pelew Islands, Semper tells us that when approaching a large water-hole he was surprised to hear an affrighted, long-drawn cry from his native friends. "A girl's voice answered out of the bushes, and my people held us back, for there were women bathing there who would not allow us to pass. When I remarked that they were only women, of whom they need not be afraid, they replied that it was not so, that women had an unbounded right to punish men who passed them when bathing without their permission, and could inflict fines or even death. On this account, the women's bathing place is a safe and favorite spot for a secret rendezvous. Fortunately a lady's toilet lasts but a short time in this island." (Carl Semper, *Die Palau-Inseln*, 1873, p. 68.)

Among the Western Tribes of Torres Strait, Haddon states, "the men were formerly nude, and the women wore only a leaf petticoat, but I gather that they were a decent people; now both sexes are prudish. A man would never go nude before me. The women would never voluntarily expose their breasts to white men's gaze; this applies to quite young girls, less so to old women. Amongst themselves they are, of course, much less particular, but I believe they are becoming more so. . . . Formerly, I imagine, there was no restraint in speech; now there is a great deal of prudery; for instance, the men were always much ashamed when I asked for the name of the sexual parts of a woman." (A. C. Haddon, "Ethnography of the Western Tribes of Torres Straits," *Journal of the Anthropological Institute*, 1900, p. 336.) After a subsequent expedition to the same region, the author reiterates his observations as to the "ridiculously prudish manner" of the men, attributable to missionary influence during the past thirty years, and notes that even the children are affected by it. "At Mabuiag, some small children were paddling in the water, and a boy of about ten years of age reprimanded a little girl of five or six years because she held up her dress too high." (*Reports of the Cambridge Anthropological Expedition to Torres Straits*, vol. v, p. 272.)

"Although the women of New Guinea," Valness says, "are very slightly clothed, they are by no means lacking in a well-developed sense of decorum. If they notice, for instance, that any one is paying special attention to their nakedness, they become ashamed and turn round." When a woman had to climb the fence to enter the wild-pig enclosure, she would never do it in Valness's presence. (*Zeitschrift für Ethnologie*, Verhdlg., 1900, Heft 5, p. 415.)

In Australia "the feeling of decency is decidedly less prevalent among males than females;" the clothed females retire out of sight to bathe. (Curr, *Australian Race*.)

"Except for waist-bands, forehead-bands, necklets, and armlets, and a conventional pubic tassel, shell, or, in the case of the women, a small apron, the Central Australian native is naked. The pubic tassel is a diminutive structure, about the size of a five-shilling piece, made of a few short strands of fur-strings flattened out into a fan-shape and attached to the pubic hair. As the string, especially at *corroboree* times, is covered with white kaolin or gypsum, it serves as a decoration rather than a covering. Among the Arunta and Luritcha the women usually wear nothing, but further north, a small apron is made and worn." (Baldwin Spencer and Gillan, *Native Tribes of Central Australia*, p. 572.)

Of the Central Australians Stirling says: "No sense of shame of exposure was exhibited by the men on removal of the diminutive articles worn as conventional coverings; they were taken off *coram populo*,

and bartered without hesitation. On the other hand, some little persuasion was necessary to allow inspection of the effect of [urethral] sub-incision, assent being given only after dismissal to a distance of the women and young children. As to the women, it was nearly always observed that when in camp without clothing they, especially the younger ones, exhibited by their attitude a keen sense of modesty, if, indeed, a consciousness of their nakedness can be thus considered. When we desired to take a photograph of a group of young women, they were very coy at the proposal to remove their scanty garments, and retired behind a wall to do so; but once in a state of nudity they made no objection to exposure to the camera." (*Report of the Horn Scientific Expedition, 1896*, vol. iv, p. 37.)

In Northern Queensland "phallicrypts," or "penis-concealers," only used by the males at *corroborees* and other public rejoicings, are either formed of pearl-shell or opossum-string. The *koom-pu-ra*, or opossum-string form of phallicrypt, forms a kind of tassal, and is colored red; it is hung from the waist-belt in the middle line. In both sexes the privates are only covered on special public occasions, or when in close proximity to white settlements. (W. Roth, *Ethnological Studies among the North-west-Central-Queensland Aborigines*, 1897, pp. 111-115.)

"The principle of chastity," said Forster, of his experiences in the South Sea Islands in their unspoilt state, "we found in many families exceedingly well understood. I have seen many fine women who, with a modesty mixed with politeness, refuse the greatest and most tempting offers made them by our forward youths; often they excuse themselves with a simple *tirra-lano*, 'I am married,' and at other times they smiled and declined it with *epia*, 'no.' . . . Virtuous women hear a joke without emotion, which, amongst us, might put some men to the blush. Neither austerity and anger, nor joy and ecstasy is the consequence, but sometimes a modest, dignified, serene smile spreads itself over their face, and seems gently to rebuke the uncouth jester." (J. R. Forster, *Observations made During a Voyage Round the World, 1728*, p. 392.)

Captain Cook, at Tahiti, in 1769, after performing Divine service on Sunday, witnessed "Vespers of a very different kind. A young man, near six feet high, performed the rites of Venus with a little girl about eleven or twelve years of age, before several of our people and a great number of the natives, without the least sense of its being indecent or improper, but, as it appeared, in perfect conformity to the custom of the place. Among the spectators were several women of superior rank, who may properly be said to have assisted at the ceremony; for they gave instructions to the girl how to perform her part, which, young as she was, she did not seem much to stand in need of." (J. Hawkesworth, *Account of the Voyages, etc.*, 1775, vol. i, p. 469.)

At Tahiti, according to Cook, it was customary to "gratify every appetite and passion before witnesses," and it is added, "in the conversation of these people, that which is the principal source of their pleasure is always the principal topic; everything is mentioned without any restraint or emotion, and in the most direct terms, by both sexes." (Hawkesworth, *op. cit.*, vol ii, p. 45.)

"I have observed," Captain Cook wrote, "that our friends in the South Seas have not even the idea of indecency, with respect to any object or any action, but this was by no means the case with the inhabitants of New Zealand, in whose carriage and conversation there was as much modest reserve and decorum with respect to actions, which yet in their opinion were not criminal, as are to be found among the politest people in Europe. The women were not impregnable; but the terms and manner of compliance were as decent as those in marriage among us, and according to their notions, the agreement was as innocent. When any of our people made an overture to any of their young women, he was given to understand that the consent of her friends was necessary, and by the influence of a proper present it was generally obtained; but when these preliminaries were settled, it was also necessary to treat the wife for a night with the same delicacy that is here required by the wife for life, and the lover who presumed to take any liberties by which this was violated, was sure to be disappointed." (Hawkesworth, *op. cit.*, vol. ii, p. 254.)

Cook found that the people of New Zealand "bring the prepucis over the gland, and to prevent it from being drawn back by contraction of the part, they tie the string which hangs from the girdle round the end of it. The glans, indeed, seemed to be the only part of their body which they were solicitous to conceal, for they frequently threw off all their dress but the belt and string, with the most careless indifference, but showed manifest signs of confusion when, to gratify our curiosity, they were requested to untie the string, and never consented but with the utmost reluctance and shame. . . . The women's lower garment was always bound fast round them, except when they went into the water to catch lobsters, and then they took great care not to be seen by the men. We surprised several of them at this employment, and the chaste Diana, with her nymphs, could not have discovered more confusion and distress at the sight of Actæon, than these women expressed upon our approach. Some of them hid themselves among the rocks, and the rest crouched down in the sea till they had made themselves a girdle and apron of such weeds as they could find, and when they came out, even with this veil, we could see that their modesty suffered much pain by our presence." (Hawkesworth, *op. cit.*, vol. ii, pp. 257-258.)

In Rotuma, in Polynesia, where the women enjoy much freedom, but where, at all events in old days, married people were, as a rule,

faithful to each other, "the language is not chaste according to our ideas, and there is a great deal of freedom in speaking of immoral vices. In this connection a man and his wife will speak freely to one another before their friends. I am informed, though, by European traders well conversant with the language, that there are grades of language, and that certain coarse phrases would never be used to any decent woman; so that probably, in their way, they have much modesty, only we cannot appreciate it." (J. Stanley Gardiner, "The Natives of Rotuma," *Journal of the Anthropological Institute*, May, 1898, p. 481.)

The men of Rotuma, says the same writer, are very clean, the women also, bathing twice a day in the sea; but "bathing in public without the *kukuluga*, or *sulu* [loin-cloth, which is the ordinary dress], around the waist is absolutely unheard of, and would be much looked down upon." (*Journal of the Anthropological Institute*, 1898, p. 410.)

In ancient Samoa the only necessary garment for either man or woman was an apron of leaves, but they possessed so "delicate a sense of propriety" that even "while bathing they have a girdle of leaves or some other covering around the waist." (Turner, *Samoa a Hundred Years Ago*, p. 121.)

After babyhood the Indians of Guiana are never seen naked. When they change their single garment they retire. The women wear a little apron, now generally made of European beads, but the Warraus still make it of the inner bark of a tree, and some of seeds. (Everard im Thurn, *Among the Indians of Guiana*, 1883.)

The Mandurucu women of Brazil, according to Tocantins (quoted by Mantegazza), are completely naked, but they are careful to avoid any postures which might be considered indecorous, and they do this so skilfully that it is impossible to tell when they have their menstrual periods. (Mantegazza, *Fisiologia della Donna*, cap 9.)

The Indians of Central Brazil have no "private parts." In men the little girdle, or string, surrounding the lower part of the abdomen, hides nothing; it is worn after puberty, the penis being often raised and placed beneath it to lengthen the prepuce. The women also use a little strip of bast that goes down the groin and passes between the thighs. Among some tribes (Karibs, Tupis, Nu-Arwaks) a little, triangular, coquettishly-made piece of bark-bast comes just below the mons veneris; it is only a few centimetres in width, and is called the *uluri*. In both sexes concealment of the sexual mucous membrane is attained. These articles cannot be called clothing. "The red thread of the Trumai, the elegant *uluri*, and the variegated flag of the Bororó attract attention, like ornaments, instead of drawing attention away." Von den Steinen thinks this proceeding a necessary protection against the attacks of insects, which are often serious in Brazil. He does think, however, that there is more than this, and that the people are ashamed to show the

glans penis. (Karl von den Steinen, *Unter den Naturvölkern Zentral-Brasiliens*, 1894, pp. 190 *et seq.*)

Other travelers mention that on the Amazon among some tribes the women are clothed and the men naked; among others the women naked, and the men clothed. Thus, among the Guaycurus the men are quite naked, while the women wear a short petticoat; among the Uaupés the men always wear a loin-cloth, while the women are quite naked.

"The feeling of modesty is very developed among the Fuegians, who are accustomed to live naked. They manifest it in their bearing and in the ease with which they show themselves in a state of nudity, compared with the awkwardness, blushing, and shame which both men and women exhibit if one gazes at certain parts of their bodies. Among themselves this is never done even between husband and wife. There is no Fuegian word for modesty, perhaps because the feeling is universal among them." The women wear a minute triangular garment of skin suspended between the thighs and never removed, being merely raised during conjugal relations. (Hyades and Deniker, *Mission Scientifique du Cap Horn*, vol. vii, pp. 239, 307, and 347.)

Among the Crow Indians of Montana, writes Dr. Holder, who has lived with them for several years, "a sense of modesty forbids the attendance upon the female in labor of any male, white man or Indian, physician or layman. This antipathy to receiving assistance at the hands of the physician is overcome as the tribes progress toward civilization, and it is especially noticeable that half-breeds almost constantly seek the physician's aid." Dr. Holder mentions the case of a young woman who, although brought near the verge of death in a very difficult first confinement, repeatedly refused to allow him to examine her; at last she consented; "her modest preparation was to take bits of quilt and cover thighs and lips of vulva, leaving only the aperture exposed. . . . Their modesty would not be so striking were it not that, almost to a woman, the females of this tribe are prostitutes, and for a consideration will admit the connection of any man." (A. B. Holder, *American Journal of Obstetrics*, vol. xxv, No. 6, 1892.)

"In every North American tribe, from the most northern to the most southern, the skirt of the woman is longer than that of the men. In Esquimaux land the *parka* of deerskin and sealskin reaches to the knees. Throughout Central North America the buckskin dress of the women reached quite to the ankles. The West-Coast women, from Oregon to the Gulf of California, wore a petticoat of shredded bark, of plaited grass, or of strings, upon which were strung hundreds of seeds. Even in the most tropical areas the rule was universal, as anyone can see from the codices or in pictures of the natives." (Otis T. Mason, *Woman's Share in Primitive Culture*, p. 237.)

Describing the loin-cloth worn by Nicobarese men, Man says: "From the clumsy mode in which this garment is worn by the Shom Pen—necessitating frequent readjustment of the folds—one is led to infer that its use is not *de rigueur*, but reserved for special occasions, as when receiving or visiting strangers." (E. H. Man, *Journal of the Anthropological Institute*, 1886, p. 442.)

The semi-nude natives of the island of Nias in the Indian Ocean are "modest by nature," paying no attention to their own nudity or that of others, and much scandalized by any attempt to go beyond the limits ordained by custom. When they pass near places where women are bathing they raise their voices in order to warn them of their presence, and even although any bold youth addressed the women, and the latter replied, no attempt would be made to approach them; any such attempt would be severely punished by the head man of the village. (Modigliani, *Un Viaggio a Nias*, p. 460.)

Man says that the Andamanese in modesty and self-respect compare favorably with many classes among civilized peoples. "Women are so modest that they will not renew their leaf-aprons in the presence of one another, but retire to a secluded spot for this purpose; even when parting with one of their *bod* appendages [tails of leaves suspended from back of girdle] to a female friend, the delicacy they manifest for the feelings of the bystanders in their mode of removing it amounts to prudishness; yet they wear no clothing in the ordinary sense." (*Journal of the Anthropological Institute*, 1883, pp. 94 and 331.)

Of the Garo women of Bengal Dalton says: "Their sole garment is a piece of cloth less than a foot in width that just meets around the loins, and in order that it may not restrain the limbs it is only fastened where it meets under the hip at the upper corners. The girls are thus greatly restricted in the positions they may modestly assume but decorum is, in their opinion, sufficiently preserved if they only keep their legs well together when they sit or kneel." (E. T. Dalton, *Ethnology of Bengal*, 1872, p. 66.)

Of the Naga women of Assam it is said: "Of clothing there was not much to see; but in spite of this I doubt whether we could excel them in true decency and modesty. Ibn Muhammed Wali had already remarked in his history of the conquest of Assam (1662-63), that the Naga women only cover their breasts. They declare that it is absurd to cover those parts of the body which everyone has been able to see from their births, but that it is different with the breasts, which appeared later, and are, therefore, to be covered. Dalton (*Journal of the Asiatic Society*, Bengal, 41, 1, 84) adds that in the presence of strangers Naga women simply cross their arms over their breasts, without caring much what other charms they may reveal to the observer. As regards some clans of the naked Nagas, to whom the Banpara belong, this may

still hold good." (K. Klemm, "Peal's Ausflug nach Banpara," *Zeitschrift für Ethnologie*, 1898, Heft 5, p. 334.)

"In Ceylon, a woman always bathes in public streams, but she never removes all her clothes. She washes under the cloth, bit by bit, and then slips on the dry, new cloth, and pulls out the wet one from underneath (much in the same sliding way as servant girls and young women in England). This is the common custom in India and the Malay States. The breasts are always bare in their own houses, but in the public roads are covered whenever a European passes. The vulva is never exposed. They say that a devil, imagined as a white and hairy being, might have intercourse with them." (Private communication.)

In Borneo, "the *sirat*, called *chawal* by the Malays, is a strip of cloth a yard wide, worn round the loins and in between the thighs, so as to cover the pudenda and perinæum; it is generally six yards or so in length, but the younger men of the present generation use as much as twelve or fourteen yards (sometimes even more), which they twist and coil with great precision round and round their body, until the waist and stomach are fully enveloped in its folds." (H. Ling Roth, "Low's Natives of Borneo," *Journal of the Anthropological Institute*, 1892, p. 36.)

"In their own houses in the depths of the forest the Dwarfs are said to neglect coverings for decency in the men as in the women, but certainly when they emerge from the forest into the villages of the agricultural Negroes, they are always observed to be wearing some small piece of bark-cloth or skin, or a bunch of leaves over the pudenda. Elsewhere in all the regions of Africa visited by the writer, or described by other observers, a neglect of decency in the male has only been recorded among the Efik people of Old Calabar. The nudity of women is another question. In parts of West Africa, between the Niger and the Gaboon (especially on the Cameroon River, at Old Calabar, and in the Niger Delta), it is, or was, customary for young women to go about completely nude before they were married. In Swaziland, until quite recently, unmarried women and very often matrons went stark naked. Even amongst the prudish Baganda, who made it a punishable offense for a man to expose any part of his leg above the knee, the wives of the King would attend at his Court perfectly naked. Among the Kavirondo, all unmarried girls are completely nude, and although women who have become mothers are supposed to wear a tiny covering before and behind, they very often completely neglect to do so when in their own villages. Yet, as a general rule, among the Nile Negroes, and still more markedly among the Hamites and people of Masai stock, the women are particular about concealing the pudenda, whereas the men are ostentatiously naked. The Baganda hold nudity in the male to be such an abhorrent thing that for centuries they

have referred with scorn and disgust to the Nile Negroes as the 'naked people.' Male nudity extends northwest to within some 200 miles of Khartum, or, in fact, wherever the Nile Negroes of the Dinka-Acholi stock inhabit the country." (Sir H. H. Johnston, *Uganda Protectorate*, vol. ii, pp. 669-672.)

Among the Nilotic Ja-luo, Johnston states that "unmarried men go naked. Married men who have children wear a small piece of goat skin, which, though quite inadequate for purposes of decency, is, nevertheless, a very important thing in etiquette, for a married man with a child must on no account call on his mother-in-law without wearing this piece of goat's skin. To call on her in a state of absolute nudity would be regarded as a serious insult, only to be atoned for by the payment of goats. Even if under the new dispensation he wears European trousers, he must have a piece of goat's skin underneath. Married women wear a tail of strings behind." It is very bad manners for a woman to serve food to her husband without putting on this tail. (Sir H. H. Johnston, *Uganda Protectorate*, vol. ii, p. 781.)

Mrs. French-Sheldon remarks that the Masai and other East African tribes, with regard to menstruation, "observe the greatest delicacy, and are more than modest." (*Journal of the Anthropological Institute*, 1894, p. 383.)

At the same time the Masai, among whom the penis is of enormous size, consider it disreputable to conceal that member, and in the highest degree reputable to display it, even ostentatiously. (Sir H. H. Johnston, *Kilima-njaro Expedition*, p. 413.)

Among the African Dinka, who are scrupulously clean and delicate (smearing themselves with burnt cows' dung, and washing themselves daily with cows' urine), and are exquisite cooks, reaching in many respects a higher stage of civilization, in Schweinfurth's opinion, than is elsewhere attained in Africa, only the women wear aprons. The neighboring tribes of the red soil—Bongo, Mitto, Niam-Niam, etc.—are called "women" by the Dinka, because among these tribes the men wear an apron, while the women obstinately refuse to wear any clothes whatsoever of skin or stuff, going into the woods every day, however, to get a supple bough for a girdle, with, perhaps, a bundle of fine grass. (Schweinfurth, *Heart of Africa*, vol. i, pp. 152, etc.)

Lombroso and Carrara, examining some Dinka negroes brought from the White Nile, remark: "As to their psychology, what struck us first was the exaggeration of their modesty; not in a single case would the men allow us to examine their genital organs or the women their breasts; we examined the tattoo-marks on the chest of one of the women, and she remained sad and irritable for two days afterward." They add that in sexual and all other respects these people are highly moral. (Lombroso and Carrara, *Archivio di Psichiatria*, 1890, vol. xvii, fasc. 4.)

"The negro is very rarely knowingly indecent or addicted to lubricity," says Sir H. H. Johnston. "In this land of nudity, which I have known for seven years, I do not remember once having seen an indecent gesture on the part of either man or woman, and only very rarely (and that not among unspoiled savages) in the case of that most shameless member of the community—the little boy." He adds that the native dances are only an apparent exception, being serious in character, though indecent to our eyes, almost constituting a religious ceremony. The only really indecent dance indigenous to Central Africa "is one which originally represented the act of coition, but it is so altered to a stereotyped formula that its exact purport is not obvious until explained somewhat shyly by the natives. . . . It may safely be asserted that the negro race in Central Africa is much more truly modest, is much more free from real vice, than are most European nations. Neither boys nor girls wear clothing (unless they are the children of chiefs) until nearing the age of puberty. Among the Wankonda, practically no covering is worn by the men except a ring of brass wire around the stomach. The Wankonda women are likewise almost entirely naked, but generally cover the pudenda with a tiny bead-work apron, often a piece of very beautiful workmanship, and exactly resembling the same article worn by Kaffir women. A like degree of nudity prevails among many of the Awemba, among the A-lungu, the Batumbuka, and the Angeni. Most of the Angoni men, however, adopt the Zulu fashion of covering the glans penis with a small wooden case or the outer shell of a fruit. The Wa-Yao have a strong sense of decency in matters of this kind, which is the more curious since they are more given to obscenity in their rites, ceremonies, and dances than any other tribe. Not only is it extremely rare to see any Yao uncovered, but both men and women have the strongest dislike to exposing their persons even to the inspection of a doctor. The Atonga and many of the A-nyanga people, and all the tribes west of Nyassa (with the exception possibly of the A-lunda) have not the Yao regard for decency, and, although they can seldom or ever be accused of a deliberate intention to expose themselves, the men are relatively indifferent as to whether their nakedness is or is not concealed, though the women are modest and careful in this respect." (H. H. Johnston, *British Central Africa*, 1897, pp. 408-410.)

In Azimba land, Central Africa, H. Crawford Angus, who has spent many years in this part of Africa, writes: "It has been my experience that the more naked the people, and the more to us obscene and shameless their manners and customs, the more moral and strict they are in the matter of sexual intercourse." He proceeds to give a description of the *chensamwali*, or initiation ceremony of girls at puberty, a season of rejoicing when the girl is initiated into all the secrets of marriage, amid songs and dances referring to the act of

coition. "The whole matter is looked upon as a matter of course, and not as a thing to be ashamed of or to hide, and, being thus openly treated of and no secrecy made about it, you find in this tribe that the women are very virtuous. They know from the first all that is to be known, and cannot see any reason for secrecy concerning natural laws or the powers and senses that have been given them from birth." (*Zeitschrift für Ethnologie*, 1898, Heft 6, p. 479.)

Of the Monbuttu of Central Africa, another observer says: "It is surprising how a Monbuttu woman of birth can, without the aid of dress, impress others with her dignity and modesty." (*British Medical Journal*, June 14, 1890.)

"The women at Upoto wear no clothes whatever, and came up to us in the most unreserved manner. An interesting gradation in the arrangement of the female costume has been observed by us: as we ascended the Congo, the higher up the river we found ourselves, the higher the dress reached, till it has now, at last, culminated in absolute nudity." (T. H. Parke, *My Personal Experiences in Equatorial Africa*, 1891, p. 61.)

"There exists throughout the Congo population a marked appreciation of the sentiment of decency and shame as applied to private actions," says Mr. Herbert Ward. In explanation of the nudity of the women at Upoto, a chief remarked to Ward that "concealment is food for the inquisitive." (*Journal of the Anthropological Institute*, 1895, p. 203.)

In the Gold Coast and surrounding countries complete nudity is extremely rare, except when circumstances make it desirable; on occasion clothing is abandoned with unconcern. "I have on several occasions," says Dr. Freeman, "seen women at Accra walk from the beach, where they have been bathing, across the road to their houses, where they would proceed to dry themselves, and resume their garments; and women may not infrequently be seen bathing in pools by the wayside, conversing quite unconstrainedly with their male acquaintances, who are seated on the bank. The mere unclothed body conveys to their minds no idea of indecency. Immodesty and indelicacy of manner are practically unknown." He adds that the excessive zeal of missionaries in urging their converts to adopt European dress—which they are only too ready to do—is much to be regretted, since the close-fitting, thin garments are really less modest than the loose clothes they replace, besides being much less cleanly. (R. A. Freeman, *Travels and Life in Ashanti and Faman*, 1898, p. 379.)

At Loango, says Pechuel-Loesche, "the well-bred negress likes to cover her bosom, and is sensitive to critical male eyes; if she meets a European when without her overgarment, she instinctively, though not without coquetry, takes the attitude of the Medicean Venus." Men

and women bathe separately, and hide themselves from each other when naked. The women also exhibit shame when discovered suckling their babies. (*Zeitschrift für Ethnologie*, 1878, pp. 27-31.)

The Koran (Sura XXIV) forbids showing the pudenda, as well as the face. yet a veiled Mohammedan woman, Stern remarks, even in the streets of Constantinople, will stand still and pull up her clothes to scratch her private parts, and in Beyrout, he saw Turkish prostitutes, still veiled, place themselves in the position for coitus. (B. Stern, *Medizin, etc., in der Türkei*, vol. ii, p. 162.)

"An Englishman surprised a woman while bathing in the Euphrates; she held her hands over her face, without troubling as to what else the stranger might see. In Egypt, I have myself seen quite naked young peasant girls, who hastened to see us, after covering their faces. (C. Niebuhr, *Reisebeschreibung nach Arabien*, 1774, vol. i, p. 165.)

When Helfer was taken to visit the ladies in the palace of the Imam of Muskat, at Buscheir, he found that their faces were covered with black masks, though the rest of the body might be clothed in a transparent sort of crape; to look at a naked face was very painful to the ladies themselves; even a mother never lifts the mask from the face of her daughter after the age of twelve; that is reserved for her lord and husband. "I observed that the ladies looked at me with a certain confusion, and after they had glanced into my face, lowered their eyes, ashamed. On making inquiries, I found that my uncovered face was indecent, as a naked person would be to us. They begged me to assume a mask, and when a waiting-woman had bound a splendidly decorated one round my head, they all exclaimed: 'Tahip! tahip!'—beautiful, beautiful." (J. W. Helfer, *Reisen in Vorderasien und Indien*, vol. ii, p. 12.)

In Algeria—in the provinces of Constantine, in Biskra, even Aures,—"among the women especially, not one is restrained by any modesty in unfastening her girdle to any comer" (when a search was being made for tattoo-marks on the lower extremities). "In spite of the great licentiousness of the manners," the same writer continues, "the Arab and the Kabyle possess great personal modesty, and with difficulty are persuaded to exhibit the body nude; is it the result of real modesty, or of their inveterate habits of active pederasty? Whatever the cause, they always hide the sexual organs with their hands or their handkerchiefs, and are disagreeably affected even by the slightest touch of the doctor." (Batut, *Archives d'Anthropologie Criminelle*, January 15, 1893.)

"Moslem modesty," remarks Wellhausen, "was carried to great lengths, insufficient clothing being forbidden. It was marked even among the heathen Arabs, as among Semites and old civilizations gener-

ally; we must not be deceived by the occasional examples of immodesty in individual cases. The Sunna prescribes that a man shall not uncover himself even to himself, and shall not wash naked—from fear of God and of spirits; Job did so, and atoned for it heavily. When in Arab antiquity grown-up persons showed themselves naked, it was only under extraordinary circumstances, and to attain unusual ends. . . . Women when mourning uncovered not only the face and bosom, but also tore all their garments. The messenger who brought bad news tore his garments. A mother desiring to bring pressure to bear on her son took off her clothes. A man to whom vengeance is forbidden showed his despair and disapproval by uncovering his posterior and strewing earth on his head, or by raising his garment behind and covering his head with it. This was done also in fulfilling natural necessities." (Wellhausen, *Reise Arabischen Heidentums*, 1897, pp. 173, 195-196.)

Mantegazza mentions that a Lapland woman refused even for the sum of 150 francs to allow him to photograph her naked, though the men placed themselves before the camera in the costume of Adam for a much smaller sum. In the same book Mantegazza remarks that in the eighteenth century, travelers found it extremely difficult to persuade Samoyed women to show themselves naked. Among the same people, he says, the newly-married wife must conceal her face from her husband for two months after marriage, and only then yield to his embraces. (Mantegazza, *La Donna*, cap. IV.)

"The beauty of a Chinese woman," says Dr. Matignon, "resides largely in her foot. 'A foot which is not deformed is a dishonor,' says a poet. For the husband the foot is more interesting than the face. Only the husband may see his wife's foot naked. A Chinese woman is as reticent in showing her feet to a man as a European woman her breasts. I have often had to treat Chinese women with ridiculously small feet for wounds and excoriations, the result of tight-bandaging. They exhibited the prudishness of school-girls, blushed, turned their backs to unfasten the bandages, and then concealed the foot in a cloth, leaving only the affected part uncovered. Modesty is a question of convention; Chinese have it for their feet." (J. Matignon, "A propos d'un Pied de Chinoise," *Archives d'Anthropologie Criminelle*, 1898, p. 445.)

Among the Yakuts of Northeast Siberia, "there was a well-known custom according to which a bride should avoid showing herself or her uncovered body to her father-in-law. In ancient times, they say, a bride concealed herself for seven years from her father-in-law, and from the brothers and other masculine relations of her husband. . . . The men also tried not to meet her, saying, 'The poor child will be ashamed.' If a meeting could not be avoided the young woman put a mask on her

face. . . . Nowadays, the young wives only avoid showing to their male relatives-in-law the uncovered body. Amongst the rich they avoid going about in the presence of these in the chemise alone. In some places, they lay especial emphasis on the fact that it is a shame for young wives to show their uncovered hair and feet to the male relatives of their husbands. On the other side, the male relatives of the husband ought to avoid showing to the young wife the body uncovered above the elbow or the sole of the foot, and they ought to avoid indecent expressions and vulgar vituperations in her presence. . . . That these observances are not the result of a specially delicate modesty, is proved by the fact that even young girls constantly twist thread upon the naked thigh, unembarrassed by the presence of men who do not belong to the household; nor do they show any embarrassment if a strange man comes upon them when uncovered to the waist. The one thing which they do not like, and at which they show anger, is that such persons look carefully at their uncovered feet. . . . The former simplicity, with lack of shame in uncovering the body, is disappearing." (Sieroshevski, "The Yakuts," *Journal of the Anthropological Institute*, Jan.-June, 1901, p. 93.)

"In Japan (Captain ——— tells me), the bathing-place of the women was perfectly open (the shampooing, indeed, was done by a man), and Englishmen were offered no obstacle, nor excited the least repugnance; indeed, girls after their bath would freely pass, sometimes as if holding out their hair for innocent admiration, and this continued until countrymen of ours, by vile laughter and jests, made them guard themselves from insult by secrecy. So corruption spreads, and heathenism is blacker by our contact." (Private communication.)

"Speaking once with a Japanese gentleman, I observed that we considered it an act of indecency for men and women to wash together. He shrugged his shoulders as he answered: 'But these Westerners have such prurient minds!'" (Mitford, *Tales of Old Japan*, 1871.)

Dr. Carl Davidsohn, who remarks that he had ample opportunity of noting the great beauty of the Japanese women in a national dance, performed naked, points out that the Japanese have no æsthetic sense for the nude. "This was shown at the Jubilee Exposition at Kyoto. Here, among many rooms full of art objects, one was devoted to oil pictures in the European manner. Among these only one represented a nude figure, a Psyche, or Truth. It was the first time such a picture had been seen. Men and women crowded around it. After they had gazed at it for a time, most began to giggle and laugh; some by their air and gestures clearly showed their disgust; all found that it was not æsthetic to paint a naked woman, though in Nature, nakedness was in no way offensive to them. In the middle of the same city, at a fountain reputed to possess special virtues, men and women will stand

together naked and let the water run over them." (Carl Davidsohn, "Das Nackte bei den Japanern," *Globus*, 1896, No. 16.)

"It is very difficult to investigate the hairiness of Ainu women," Baelz remarks, "for they possess a really incredible degree of modesty. Even when in summer they bathe—which happens but seldom—they keep their clothes on." He records that he was once asked to examine a girl at the Mission School, in order to advise as regards the treatment of a diseased spine; although she had been at the school for seven years, she declared that "she would rather die than show her back to a man, even though a doctor." (Baelz, "Die Aino," *Zeitschrift für Ethnologie*, 1901, Heft 2, p. 178.)

The Greeks, Etruscans, and Romans, appear to have been accustomed to cover the foreskin with the *kynodexme* (a band), or the *fibula* (a ring), for custom and modesty demanded that the glans should be concealed. Such covering is represented in persons who were compelled to be naked, and is referred to by Celsus as "*decori causa*," (L. Stieda, "Anatomisch-archäologische Studien," *Anatomische Hefte*, Bd. XIX, Heft 2, 1902.)

"Among the Lydians, and, indeed, among the barbarians generally, it is considered a deep disgrace, even for a man, to be seen naked," (Herodotus, Book I, Chapter X.)

"The simple dress which is now common was first worn in Sparta, and there, more than anywhere else, the life of the rich was assimilated to that of the people. The Lacedæmonians, too, were the first who, in their athletic exercises, stripped naked and rubbed themselves over with oil. This was not the ancient custom; athletes formerly, even when they were contending at Olympia, wore girdles about their loins [earlier still, the Mycenæans had always worn a loin-cloth], a practice which lasted until quite lately, and still persists among barbarians, especially those of Asia, where the combatants at boxing and wrestling matches wear girdles." (Thucydides, *History*, Book I, Chapter VI.)

"The notion of the women exercising naked in the schools with the men . . . at the present day would appear truly ridiculous. . . . Not long since it was thought discreditible and ridiculous among the Greeks, as it is now among most barbarous nations, for men to be seen naked. And when the Cretans first, and after them the Lacedæmonians, began the practice of gymnastic exercises, the wits of the time had it in their power to make sport of those novelties. . . . As for the man who laughs at the idea of undressed women going through gymnastic exercises, as a means of revealing what is most perfect, his ridicule is but 'unripe fruit plucked from the tree of wisdom.'" (Plato, *Republic*, Book V.)

According to Plutarch, however, among the Spartans, at all events nakedness in women was not ridiculous, since the institutes of Lyeurgu

ordained that at solemn feasts and sacrifices the young women should dance naked and sing, the young men standing around in a circle to see and hear them. Aristotle says that in his time Spartan girls only wore a very slight garment. As described by Pausanias, and as shown by a statue in the Vatican, the ordinary tunic, which was the sole garment worn by women when running, left bare the right shoulder and breast, and only reached to the upper third of the thighs. (M. M. Evans, *Chapters on Greek Dress*, p. 34.)

Among the Greeks who were inclined to accept the doctrines of Cynicism, it was held that, while shame is not unreasonable, what is good may be done and discussed before all men. There are a number of authorities who say that Crates and Hipparchia consummated their marriage in the presence of many spectators. Lactantius (*Inst.* iii, 15) says that the practice was common, but this Zeller is inclined to doubt. (Zeller, *Socrates and the Socratic Schools*, translated from the Third German Edition, 1897.)

"Among the Tyrrhenians, who carry their luxury to an extraordinary pitch, Timæus, in his first book, relates that the female servants wait on the men in a state of nudity. And Theopompus, in the forty-third book of his *History*, states that it is a law among the Tyrrhenians that all their women should be in common; and that the women pay the greatest attention to their persons, and often practice gymnastic exercises, naked, among the men, and sometimes with one another; for that it is not accounted shameful for them to be seen naked. . . . Nor is it reckoned among the Tyrrhenians at all disgraceful either to do or suffer anything in the open air, or to be seen while it is going on; for it is quite the custom of their country, and they are so far from thinking it disgraceful that they even say, when the master of the house is indulging his appetite, and anyone asks for him, that he is doing so and so, using the coarsest possible words. . . . And they are very beautiful, as is natural for people to be who live delicately, and who take care of their persons." (Athenæus, *Deipnosophists*, Yonge's translation, vol. iii, p. 829.)

Dennis throws doubt on the foregoing statement of Athenæus regarding the Tyrrhenians or Etruscans, and points out that the representations of women in Etruscan tombs shows them as clothed, even the breast being rarely uncovered. Nudity, he remarks, was a Greek, not an Etruscan, characteristic. "To the nudity of the Spartan women I need but refer; the Thessalian women are described by Persæus dancing at banquets naked, or with a very scanty covering (*apud* Athenæus, xiii, c. 86). The maidens of Chios wrestled naked with the youths in the gymnasium, which Athenæus (xiii, 20) pronounces to be 'a beautiful sight.' And at the marriage feast of Caranus, the Macedonian women

'tumblers performed naked before the guests (Athenæus, iv, 3).'" (G. Dennis, *Cities and Cemeteries of Etruria*, 1863, vol. i, p. 321.)

In Rome, "when there was at first much less freedom in this matter than in Greece, the bath became common to both sexes, and though each had its basin and hot room apart, they could see each other, meet, speak, form intrigues, arrange meetings, and multiply adulteries. At first, the baths were so dark that men and women could wash side by side, without recognizing each other except by the voice; but soon the light of day was allowed to enter from every side. 'In the bath of Scipio,' said Seneca, 'there were narrow ventholes, rather than windows, hardly admitting enough light to outrage modesty; but nowadays, baths are called caves if they do not receive the sun's rays through large windows.' . . . Hadrian severely prohibited this mingling of men and women, and ordained separate lavacra for the sexes. Marcus Aurelius and Alexander Severus renewed this edict, but in the interval, Heliogabalus had authorized the sexes to meet in the baths." (Dufour, *Histoire de la Prostitution*, vol. ii, Ch. XVIII; cf. Smith's *Dictionary of Greek and Roman Antiquities*, Art. *Balnea*.)

In Rome, according to ancient custom, actors were compelled to wear drawers (*subligaculum*) on the stage, in order to safeguard the modesty of Roman matrons. Respectable women, it seems, also always wore some sort of *subligaculum*, even sometimes when bathing. The name was also applied to a leathern girdle laced behind, which they were occasionally made to wear as a girdle of chastity. (Dufour, *op. cit.*, vol. ii, p. 150.) Greek women also wore a cloth round the loins when taking the bath, as did the men who bathed there; and a woman is represented bathing and wearing a sort of thin combinations reaching to the middle of the thigh. (Smith's *Dictionary*, *loc. cit.*) At a later period, St. Augustine refers to the *compestria*, the drawers or apron worn by young men who stripped for exercise in the *campus*. (*De Civitate Dei*, Bk. XIV, Ch. XVII.)

Lecky (*History of Morals*, vol. ii, p. 318), brings together instances of women, in both Pagan and early Christian times, who showed their modesty by drawing their garments around them, even at the moment that they were being brutally killed. Plutarch, in his essay on the "Virtues of Women,"—moralizing on the well-known story of the young women of Milesia, among whom an epidemic of suicide was only brought to an end by the decree that in future women who hanged themselves should be carried naked through the market-places.—observes: "They, who had no dread of the most terrible things in the world, death and pain, could not abide the imagination of dishonor, and exposure to shame, even after death."

In the second century the physician Aretæus, writing at Rome, remarks: "In many cases, owing to involuntary restraint from modesty

at assemblies, and at banquets, the bladder becomes distended, and from the consequent loss of its contractile power, it no longer evacuates the urine." (*On the Causes and Symptoms of Acute Diseases*, Book II, Chapter X.)

Apuleius, writing in the second century, says: "Most women, in order to exhibit their native gracefulness and allurements, divest themselves of all their garments, and long to show their naked beauty, being conscious that they shall please more by the rosy redness of their skin than by the golden splendor of their robes." (Thomas Taylor's translation of *Metamorphosis*, p. 28.)

Christianity seems to have profoundly affected habits of thought and feeling by uniting together the merely natural emotion of sexual reserve with, on the one hand, the masculine virtue of modesty—*modestia*—and, on the other, the prescription of sexual abstinence. Tertullian admirably illustrates this confusion, and his treatises *De Pudicitia* and *De Cultu Feminarum* are instructive from the present point of view. In the latter he remarks (Book II, Chapter I): "Salvation—and not of women only, but likewise of men—consists in the exhibition, principally, of modesty. Since we are all the temple of God, modesty is the sacristan and priestess of that temple, who is to suffer nothing unclean or profane to enter it, for fear that the God who inhabits it should be offended. . . . Most women, either from simple ignorance or from dissimulation, have the hardihood so to walk as if modesty consisted only in the integrity of the flesh, and in turning away from fornication, and there were no need for anything else,—in dress and ornament, the studied graces of form,—wearing in their gait the self-same appearance as the women of the nations from whom the sense of *true* modesty is absent."

The earliest Christian ideal of modesty, not long maintained, is well shown in an epistle which, there is some reason to suppose, was written by Clement of Rome. "And if we see it to be requisite to stand and pray for the sake of the woman, and to speak words of exhortation and edification, we call the brethren and all the holy sisters and maidens, likewise all the other women who are there, with all modesty and becoming behavior, to come and feast on the truth. And those among us who are skilled in speaking, speak to them, and exhort them in those words which God has given us. And then we pray, and salute one another, the men the men. But the women and the maidens will wrap their hands in their garments; we also, with circumspection and with all purity, our eyes looking upward, shall wrap our right hand in our garments; and then they will come and give us the salutation on our right hand, wrapped in our garments. Then we go where God permits us." (*Two Epistles Concerning Virginity*;" Second Epistle, Chapter III, vol. xiv. Ante-Nicene Christian Library, p. 384.)

"Women will scarce strip naked before their own husbands, affecting a plausible pretense of modesty," writes Clement of Alexandria, about the end of the second century, "but any others who wish may see them at home, shut up in their own baths, for they are not ashamed to strip before spectators, as if exposing their persons for sale. The baths are opened promiscuously to men and women; and there they strip for licentious indulgence (for, from looking, men get to loving), as if their modesty had been washed away in the bath. Those who have not become utterly destitute of modesty shut out strangers, but bathe with their own servants, and strip naked before their slaves, and are rubbed by them, giving to the crouching menial liberty to lust, by permitting fearless handling, for those who are introduced before their naked mistresses while in the bath, study to strip themselves in order to show audacity in lust, casting off fear in consequence of the wicked custom. The ancient athletes, ashamed to exhibit a man naked, preserved their modesty by going through the contest in drawers; but these women, divesting themselves of their modesty along with their chemise, wish to appear beautiful, but, contrary to their wish, are simply proved to be wicked." (Clement of Alexandria, *Paedagogus*, Book III, Chapter V. For elucidations of this passage, see Migne's *Patrologie Courus Completus*, vol. vii.) Promiscuous bathing was forbidden by the early Apostolical Constitutions, but Cyprian, Bishop of Carthage, found it necessary, in the third century, to uphold even virgins vowed to chastity for continuing the custom. "What of these," he asks, "who frequent baths, who prostitute to eyes that are curious to lust, bodies that are dedicated to chastity and modesty? They who disgracefully behold naked men, and are seen naked by men? Do they not themselves afford enticement to vice? Do they not solicit and invite the desires of those present to their own corruption and wrong? 'Let every one,' say you, 'look to the disposition with which he comes thither: my care is only that of refreshing and washing my poor body.' That kind of defence does not clear you, nor does it excuse the crime of lasciviousness and wantonness. Such a washing defiles; it does not purify nor cleanse the limbs, but stains them. You behold no one immodestly, but you, yourself, are gazed upon immodestly; you do not pollute your eyes with disgraceful delight, but in delighting others you yourself are polluted; you make a show of the bathing-place; the places where you assemble are fouler than a theatre. There all modesty is put off; together with the clothing of garments, the honor and modesty of the body is laid aside, virginity is exposed, to be pointed at and to be handled. . . . Let your baths be performed with women, whose behavior is modest towards you." (Cyprian, *De Habitu Virginum*, cap. 19, 21.) The Church carried the same spirit among the barbarians of northern Europe, and several centuries later the pro-

miscuous bathing of men and women was prohibited in some of the Penitentials. (The custom was, however, preserved here and there in Northern Europe, even to the end of the eighteenth century, or later. In Rudeck's *Geschichte der öffentlichen Sittlichkeit in Deutschland*, an interesting chapter, with contemporary illustrations, is devoted to this custom; also, Max Bauer, *Das Geschlechtsleben in der Deutschen Vergangenheit*, pp. 216-265.)

"Women," says Clement again, "should not seek to be graceful by avoiding broad drinking vessels that oblige them to stretch their mouths, in order to drink from narrow alabastra that cause them indecently to throw back the head, revealing to men their necks and breasts. The mere thought of what she is ought to inspire a woman with modesty. . . . On no account must a woman be permitted to show to a man any portion of her body naked, for fear lest both fall: the one by gazing eagerly, the other by delighting to attract those eager glances." (*Pædagogus*, Book II, Chapter V.)

James, Bishop of Nisibis, in the fourth century, was a man of great holiness. We are told by Theodoret that once, when James had newly come into Persia, it was vouchsafed to him to perform a miracle under the following circumstances: He chanced to pass by a fountain where young women were washing their linen, and, his modesty being profoundly shocked by the exposure involved in this occupation, he cursed the fountain, which instantly dried up, and he changed the hair of the girls from black to a sandy color. (Jortin, *Remarks on Ecclesiastical History*, vol. iii, p. 4.)

Procopius, writing in the sixth century after Christ, and narrating how the Empress Theodora, in early life, would often appear almost naked before the public in the theatre, adds that she would willingly have appeared altogether nude, but that "no woman is allowed to expose herself altogether, unless she wears at least short drawers over the lower part of the abdomen." Chrysostom mentions, at the end of the fourth century, that Arcadius attempted to put down the August festival (Majuma), during which women appeared naked in the theatres, or swimming in large baths.

In mediæval days, "ladies, at all events, as represented by the poets, were not, on the whole, very prudish. Meleranz surprised a lady who was taking a bath under a lime tree; the bath was covered with samite, and by it was a magnificent ivory bed, surrounded by tapestries representing the history of Paris and Helen, the destruction of Troy, the adventures of Æneas, etc. As Meleranz rides by, the lady's waiting-maids run away; she herself, however, with quick decision, raises the samite which covers the tub, and orders him to wait on her in place of the maids. He brings her shift and mantle, and shoes, and then stands aside till she is dressed; when she has placed herself on the bed,

she calls him back and commands him to drive away the flies while she sleeps. Strange to say, the men are represented as more modest than the women. When two maidens prepared a bath for Parzival, and proposed to bathe him, according to custom, the inexperienced young knight was shy, and would not enter the bath until they had gone; on another occasion, he jumped quickly into bed when the maidens entered the room. When Woltlieterich was about to undress, he had to ask the ladies who pressed around him to leave him alone for a short time, as he was ashamed they should see him naked. When Amphora of Spain, bewitched by his step-mother into a were-wolf, was at last restored, and stood suddenly naked before her, he was greatly ashamed. The maiden who healed Iwein was tender of his modesty. In his love-madness, the hero wanders for a time naked through the wood; three women find him asleep, and send a waiting-maid to anoint him with salve; when he came to himself, the maiden hid herself. On the whole, however, the ladies were not so delicate; they had no hesitation in bathing with gentlemen, and on these occasions would put their finest ornaments on their heads. I know no pictures of the twelfth and thirteenth centuries representing such a scene, but such baths in common are clearly represented in miniatures of the fifteenth century." (A. Schultz, *Das höfische Leben zur Zeit der Minnesänger*, vol. i, p. 225.)

"In the years 1450-70, the use of the cod-piece was introduced, whereby the attributes of manhood were accentuated in the most shameless manner. It was, in fact, the avowed aim at that period to attract attention to these parts. The cod-piece was sometimes colored differently from the rest of the garments, often stuffed out to enlarge it artificially, and decorated with ribbons." (Rudeck, *Geschichte der öffentlichen Sittlichkeit in Deutschland*, pp. 45-48; Dufour, *Histoire de la Prostitution*, vol. vi, pp. 21-23. Gross refers to the significance of this fashion, *Spiele der Menschen*, p. 337.)

"The first shirt began to be worn [in Germany] in the sixteenth century. From this fact, as well as from the custom of public bathing, we reach the remarkable result, that for the German people, the sight of complete nakedness was the daily rule up to the sixteenth century. Everyone undressed completely before going to bed, and, in the vapor-baths, no covering was used. Again, the dances, both of the peasants and the townspeople, were characterized by very high leaps into the air. It was the chief delight of the dancers for the male to raise his partner as high as possible in the air, so that her dress flew up. That feminine modesty was in this respect very indifferent, we know from countless references made in the fifteenth and sixteenth centuries. It must not be forgotten that throughout the middle ages women wore no underclothes, and even in the seventeenth century, the wearing of drawers by Italian women was regarded as singular. That with the dis-

appearance of the baths, and the use of body-linen, a powerful influence was exerted on the creation of modesty, there can be little doubt." (Rudeck, *op. cit.*, pp. 57, 399, etc.)

In 1401, when Louis XI entered Paris, three very beautiful maidens, quite naked, represented the Syrens, and declaimed poems before him; they were greatly admired by the public. In 1408, when Charles the Bold entered Lille, he was specially pleased, among the various festivities, with a representation of the Judgment of Paris, in which the three goddesses were nude. When Charles the Fifth entered Antwerp, the most beautiful maidens of the city danced before him, in nothing but gauze, and were closely contemplated by Dürer, as he told his friend, Melancthon. (B. Ritter, "Nuditäten im Mittelalter," *Jahrbücher für Wissenschaft und Kunst*, 1855, p. 227; this writer shows how luxury, fashion, poverty, and certain festivals, all combined to make nudity familiar; cf. Föhne, *Der Carneval*, p. 240. Du-laure quotes many old writers concerning the important part played by nude persons in ancient festivals, *Des Divinités Génératrices*, Chapter XIV.)

Passek, a Polish officer who wrote an account of his campaigns, admired the ladies of Denmark in 1658, but considered their customs immodest. "Everyone sleeps naked as at birth, and none consider it shameful to dress or undress before others. No notice, even, is taken of the guest, and in the light one garment is taken off after another, even the chemise is hung on the hook. Then the door is bolted, the light blown out, and one goes to bed. As we blamed their ways, saying that among us a woman would not act so, even in the presence of her husband alone, they replied that they knew nothing of such shame, and that there was no need to be ashamed of limbs which God had created. Moreover, to sleep without a shift was good, because, like the other garments, it sufficiently served the body during the day. Also, why take fleas and other insects to bed with one? Although our men teased them in various ways, they would not change their habits." (Passek, *Denkwürdigkeiten*, German translation, p. 14.)

Until late in the seventeenth century, women in England, as well as France, suffered much in childbirth from the ignorance and superstition of incompetent midwives, owing to the prevailing conceptions of modesty, which rendered it impossible (as it is still, to some extent, in some semi-civilized lands) for male physicians to attend them. Dr. Willoughby, of Derby, tells how, in 1658, he had to creep into the chamber of a lying-in woman on his hands and knees, in order to examine her unperceived. In France, Clement was employed secretly to attend the mistresses of Louis XIV in their confinements; to the first he was conducted blindfold, while the King was concealed among the bed-curtains, and the face of the lady was enveloped in a network of lace.

(E. Malins, "Midwifery and Midwives," *British Medical Journal*, June 22, 1901; Witkowski, *Histoire des Accouchements*, 1887, pp. 689 et seq.) Even until the Revolution, the examination of women in France in cases of rape or attempted outrage was left to a jury of matrons. In old English manuals of midwifery, even in the early nineteenth century, we still find much insistence on the demands of modesty. Thus, Dr. John Burns, of Glasgow, in his *Principles of Midwifery*, states that "some women, from motives of false delicacy, are averse from examination until the pains become severe." He adds that "it is usual for the room to be darkened, and the bed-curtains drawn close, during an examination." Many old pictures show the accoucheur groping in the dark, beneath the bed-clothes, to perform operations on women in childbirth. (A. Kind, "Das Weib als Gebärerin in der Kunst," *Geschlecht und Gesellschaft*, Bd. II, Heft 5, p. 203.)

In Iceland, Winkler stated in 1861 that he sometimes slept in the same room as a whole family; "it is often the custom for ten or more persons to use the same room for living in and sleeping, young and old, master and servant, male and female, and from motives of economy, all the clothes, without exception, are removed." (G. Winkler, *Island; seine Bewohner*, etc., pp. 107, 110.)

"At Cork," says Pynes Moryson, in 1617, "I have seen with these eyes young maids stark naked grinding corn with certain stones to make cakes thereof." (Moryson, *Itinerary*, Part 3, Book III, Chapter V.)

"In the more remote parts of Ireland," Moryson elsewhere says, where the English laws and manners are unknown, "the very chief of the Irish, men as well as women, go naked in very winter-time, only having their privy parts covered with a rag of linen, and their bodies with a loose mantle. This I speak of my own experience." He goes on to tell of a Bohemian baron, just come from the North of Ireland, who "told me in great earnestness that he, coming to the house of Oeane, a great lord among them, was met at the door with sixteen women, all naked, excepting their loose mantles; whereof eight or ten were very fair, and two seemed very nymphs, with which strange sight, his eyes being dazzled, they led him into the house, and then sitting down by the fire with crossed legs, like tailors, and so low as could not but offend chaste eyes, desired him to sit down with them. Soon after, Oeane, the lord of the country, came in, all naked excepting a loose mantle, and shoes, which he put off as soon as he came in, and entertaining the baron after his best manner in the Latin tongue, desired him to put off his apparel, which he thought to be a burthen to him, and to sit naked by the fire with this naked company. But the baron . . . for shame, durst not put off his apparel." (*Ib.* Part 3, Book IV, Chapter II.)

Coryat, when traveling in Italy in the early part of the seven-

teenth century, found that in Lombardy many of the women and children wore only smocks, or shirts, in the hot weather. At Venice and Padua, he found that wives, widows, and maids, walk with naked breasts, many with backs also naked, almost to the middle. (Coryat, *Crudities*, 1611. The fashion of *décolleté* garments, it may be remarked, only began in the fourteenth century; previously, the women of Europe generally covered themselves up to the neck.)

In Northern Italy, some years ago, a fire occurred at night in a house in which two girls were sleeping, naked, according to the custom. One threw herself out and was saved, the other returned for a garment, and was burnt to death. The narrator of the incident [a man] expressed strong approval of the more modest girl's action. (Private communication.) It may be added that the custom of sleeping naked is still preserved, also (according to Lippert and Stratz), in Jutland, in Iceland, in some parts of Norway, and sometimes even in Berlin.

Lady Mary Wortley Montague writes in 1717, of the Turkish ladies at the baths at Sophia: "The first sofas were covered with cushions and rich carpets, on which sat the ladies, and on the second, their slaves behind them, but without any distinction of rank in their dress, all being in a state of Nature; that is, in plain English, stark naked, without any beauty or defect concealed. Yet there was not the least wanton smile or immodest gesture among them. They walked and moved with the same majestic grace which Milton describes of our general mother. I am here convinced of the truth of a reflection I had often made, that if it was the fashion to go naked, the face would be hardly observed." (*Letters and Works*, 1866, vol. i, p. 285.)

At St. Petersburg, in 1774, Sir Nicholas Wraxall observed "the promiscuous bathing of not less than two hundred persons, of both sexes. There are several of these public bagnios," he adds, "in Petersburg, and every one pays a few copecks for admittance. There are, indeed, separate spaces for the men and women, but they seem quite regardless of this distinction, and sit or bathe in a state of absolute nudity among each other." (Sir N. Wraxall, *A Tour Through Some of the Northern Parts of Europe*, 3d ed., 1776, p. 248.) It is still usual for women in the country parts of Russia to bathe naked in the streams.

In 1790, Wedgwood wrote to Flaxman: "The nude is so general in the work of the ancients, that it will be very difficult to avoid the introduction of naked figures. On the other hand, it is absolutely necessary to do so, or to keep the pieces for our own use; for none, either male or female, of the present generation will take or apply them as furniture if the figures are naked." (Meteyard, *Life of Wedgwood*, vol. ii, p. 589.)

Mary Wollstonecraft quotes (for repro'ation and not for approval)

the following remarks: "The lady who asked the question whether women may be instructed in the modern system of botany, was accused of ridiculous prudery; nevertheless, if she had proposed the question to me, I should certainly have answered: 'They cannot!'" She further quotes from an educational book: "It would be needless to caution you against putting your hand, by chance, under your neck-handkerchief; for a modest woman never did so." (Mary Wollstonecraft, *The Rights of Woman*, 1792, pp. 277, 280.)

At the present time a knowledge of the physiology of plants is not usually considered inconsistent with modesty, but a knowledge of animal physiology is still so considered by many. Dr. H. R. Hopkins, of New York, wrote in 1895, regarding the teaching of physiology: "How can we teach growing girls the functions of the various parts of the human body, and still leave them their modesty? That is the practical question that has puzzled me for years."

In England, the use of drawers was almost unknown among women half a century ago, and was considered immodest and unfeminine. Tilt, a distinguished gynecologist of that period, advocated such garments, made of fine calico, and not to descend below the knee, on hygienic grounds. "Thus understood," he added, "the adoption of drawers will doubtless become more general in this country, as, being worn without the knowledge of the general observer, they will be robbed of the prejudice usually attached to an appendage deemed masculine." (Tilt, *Elements of Health*, 1852, p. 103.) Drawers came into general use among women during the third quarter of the nineteenth century.

Drawers are an Oriental garment, and seem to have reached Europe through Venice, the great channel of communication with the East. Like many other refinements of decency and cleanliness, they were at first chiefly cultivated by prostitutes, and, on this account, there was long a prejudice against them. Even at the present day, it is said that in France, a young peasant girl will exclaim, if asked whether she wears drawers: "I wear drawers, Madame? A respectable girl!" Drawers, however, quickly became acclimatized in France, and Dufour (*op. cit.*, vol. vi, p. 28) even regards them as essentially a French garment. They were introduced at the Court towards the end of the fourteenth century, and in the sixteenth century were rendered almost necessary by the new fashion of the *vertugale*, or farthingale. In 1615, a lady's *caleçons* are referred to as apparently an ordinary garment. It is noteworthy that in London, in the middle of the same century, young Mrs. Pepys, who was the daughter of French parents, usually wore drawers, which were seemingly of the closed kind. (*Diary of S. Pepys*, ed. Wheatley, May 15, 1663, vol. iii.) They were probably not worn by Englishwomen, and even in France, with the decay of the farthingale, they seem to have dropped out of use during the seven-

teenth century. In a technical and very complete book, *L'Art de la Lingerie*, published in 1771, women's drawers are not even mentioned, and Mercier (*Tableau de Paris*, 1783, vol. vii, p. 54) says that, except actresses, Parisian women do not wear drawers. Even by ballet dancers and actresses on the stage, they were not invariably worn. Camargo, the famous dancer, who first shortened the skirt in dancing, early in the eighteenth century, always observed great decorum, never showing the leg above the knee; when appealed to as to whether she wore drawers, she replied that she could not possibly appear without such a "precaution." But they were not necessarily worn by dancers, and in 1727 a young *ballerina*, having had her skirt accidentally torn away by a piece of stage machinery, the police issued an order that in future no actress or dancer should appear on the stage without drawers; this regulation does not appear, however, to have been long strictly maintained, though Schulz (*Ueber Paris und die Pariser*, p. 145) refers to it as in force in 1791. (The obscure origin and history of feminine drawers have been discussed from time to time in the *Intermédiaire des Chercheurs et Curieux*, especially vols. xxv, lii, and liii.)

Prof. Irving Rosse, of Washington, refers to "New England prudishness," and "the colossal modesty of some New York policemen, who in certain cases want to give written, rather than oral testimony." He adds: "I have known this sentiment carried to such an extent in a Massachusetts small town, that a shop-keeper was obliged to drape a small, but innocent, statuette displayed in his window." (Irving Rosse, *Virginia Medical Monthly*, October, 1892.) I am told that popular feeling in South Africa would not permit the exhibition of the nude in the Art Collections of Cape Town. Even in Italy, nude statues are disfigured by the addition of tin fig-leaves, and sporadic manifestations of horror at the presence of nude statues, even when of most classic type, are liable to occur in all parts of Europe, including France and Germany. (Examples of this are recorded from time to time in *Sexual-reform*, published as an appendix to *Geschlecht und Gesellschaft*.)

Some years ago, (1898), it was stated that the Philadelphia *Ladies' Home Journal* had decided to avoid, in future, all reference to ladies' under-linen, because "the treatment of this subject in print calls for *minutiae* of detail which is extremely and pardonably offensive to refined and sensitive women."

"A man, married twenty years, told me that he had never seen his wife entirely nude. Such concealment of the external reproductive organs, by married people, appears to be common. Judging from my own inquiry, very few women care to look upon male nakedness, and many women, though not wanting in esthetic feeling, find no beauty in man's form. Some are positively repelled by the sight of nakedness, even that of a husband or lover. On the contrary, most men delight in

gazing upon the uncovered figure of women. It seems that only highly-cultivated and imaginative women enjoy the spectacle of a finely-shaped nude man (especially after attending art classes, and drawing from the nude, as I am told by a lady artist). Or else the majority of women dissemble their curiosity or admiration. A woman of seventy, mother of several children, said to a young wife with whom I am acquainted: 'I have never seen a naked man in my life.' This old lady's sister confessed that she had never looked at *her own* nakedness in the whole course of her life. She said that it 'frightened' her. She was the mother of three sons. A maiden woman of the same family told her niece that women were 'disgusting, because they have monthly discharges.' The niece suggested that women have no choice in the matter, to which the aunt replied: 'I know that; but it doesn't make them less disgusting.' I have heard of a girl who died from hemorrhage of the womb, refusing, through shame, to make the ailment known to her family. The misery suffered by some women at the anticipation of a medical examination, appears to be very acute. Husbands have told me of brides who sob and tremble with fright on the wedding-night, the hysteria being sometimes alarming. E, aged 25, refused her husband for six weeks after marriage, exhibiting the greatest fear of his approach. Ignorance of the nature of the sexual connection is often the cause of exaggerated alarm. In Jersey, I used to hear of a bride who ran to the window and screamed 'murder,' on the wedding-night." (Private communication.)

At the present day it is not regarded as incompatible with modesty to exhibit the lower part of the thigh when in swimming costume, but it is immodest to exhibit the upper part of the thigh. In swimming competitions, a minimum of clothing must be combined with the demands of modesty. In England, the regulations of the Swimming Clubs affiliated to the Amateur Swimming Association, require that the male swimmer's costume shall extend not less than eight inches from the bifurcation downward, and that the female swimmer's costume shall extend to within not more than three inches from the knee. (A prolonged discussion, we are told, arose as to whether the costume should come to one, two, or three inches from the knee, and the proposal of the youngest lady swimmer present, that the costume ought to be very scanty, met with little approval.) The modesty of women is thus seen to be greater than that of men by, roughly speaking, about two inches. The same difference may be seen in the sleeves; the male sleeve must extend for two inches, the female sleeve four inches, down the arm. (Daily Papers, September 26, 1898.)

"At ———, bathing in a state of Nature was *de rigueur* for the *élite* of the bathers, while our Sunday visitors from the slums frequently made a great point of wearing bathing costumes; it was frequently noticed that those who were most anxious to avoid exposing their per-

sons were distinguished by the foulness of their language. My impression was that their foul-mindedness deprived them of the consciousness of safety from coarse jests. If I were bathing alone among blackguards, I should probably feel uncomfortable myself, if without costume." (Private communication.)

A lady in a little city of the south of Italy, told Paola Lombroso that young middle-class girls there are not allowed to go out except to Mass, and cannot even show themselves at the window except under their mother's eye; yet they do not think it necessary to have a cabin when sea-bathing, and even dispense with a bathing costume without consciousness of immodesty. (P. Lombroso, *Archivio di Psichiatria*, 1901, p. 306.)

"A woman mentioned to me that a man came to her and told her in confidence his distress of mind: he feared he had *corrupted* his wife because she got into a bath in his presence, with her baby, and enjoyed his looking at her splashing about. He was deeply distressed, thinking he must have done her harm, and destroyed her modesty. The woman to whom this was said felt naturally indignant, but also it gave her the feeling as if every man may secretly despise a woman for the very things he teaches her, and only meets her confiding delight with regret or dislike." (Private communication.)

"Women will occasionally be found to hide diseases and symptoms from a bashfulness and modesty so great and perverse as to be hardly credible," writes Dr. W. Wynn Westcott, an experienced coroner. "I have known several cases of female deaths, reported as sudden, and of cause unknown, when the medical man called in during the latter hours of life has been quite unaware that his lady patient was dying of gangrene of a strangulated femoral hernia, or was bleeding to death from the bowel, or from ruptured varices of the vulva." (*British Medical Journal*, Feb. 28, 1908.)

The foregoing selection of facts might, of course, be indefinitely enlarged, since I have not generally quoted from any previous collection of facts bearing on the question of modesty. Such collections may be found in Ploss and Max Bartels *Das Weib*, a work that is constantly appearing in new and enlarged editions; Herbert Spencer, *Descriptive Sociology* (especially under such headings as "Clothing," "Moral Sentiments," and "Æsthetic Products"); W. G. Sumner, *Folkways*, Ch. XI; Mantegazza, *Amori degli Uomini*, Chapter II; Westermarck, *Marriage*, Chapter IX; Letourneau, *L'Evolution de la Morale*, pp. 126 *et seq.*; G. Mortimer, *Chapters on Human Love*, Chapter IV; and in the general anthropological works of Waitz-Gerland, Peschel, Ratzel and others.

II.

Modesty an Agglomeration of Fears—Children in Relation to Modesty—Modesty in Animals—The Attitude of the Medicean Venus—The Sexual Factor of Modesty Based on Sexual Periodicity and on the Primitive Phenomena of Courtship—The Necessity of Seclusion in Primitive Sexual Intercourse—The Meaning of Coquetry—The Sexual Charm of Modesty—Modesty as an Expression of Feminine Erotic Impulse—The Fear of Causing Disgust as a Factor of Modesty—The Modesty of Savages in Regard to Eating in the Presence of Others—The Sacro-Pubic Region as a Focus of Disgust—The Idea of Ceremonial Uncleanliness—The Custom of Veiling the Face—Ornaments and Clothing—Modesty Becomes Concentrated in the Garment—The Economic Factor in Modesty—The Contribution of Civilization to Modesty—The Elaboration of Social Ritual.

THAT modesty—like all the closely-allied emotions—is based on fear, one of the most primitive of the emotions, seems to be fairly evident.¹ The association of modesty and fear is even a very ancient observation, and is found in the fragments of Epicharmus, while according to one of the most recent definitions, "modesty is the timidity of the body." Modesty is, indeed, an agglomeration of fears, especially, as I hope to show, of two important and distinct fears: one of much earlier than human origin, and supplied solely by the female; the other of more distinctly human character, and of social, rather than sexual, origin.

A child left to itself, though very bashful, is wholly devoid of modesty.² Everyone is familiar with the shocking inconven-

¹ Fliess (*Die Beziehungen zwischen Nase und weiblichen Geschlechts-Organen*, p. 194) remarks on the fact that, in the Bible narrative of Eden, shame and fear are represented as being brought into the world together: Adam feared God because he was naked. Melinaud ("Psychologie de la Pudeur," *La Revue*, Nov. 15, 1901) remarks that shame differs from modesty in being, not a fear, but a kind of grief; this position seems untenable.

² Bashfulness in children has been dealt with by Professor Baldwin; see especially his *Mental Development in the Child and the Race*, Chapter VI, pp. 146 *et seq.*, and *Social Interpretations in Mental Development*, Chapter VI.

ances of children in speech and act, with the charming ways in which they innocently disregard the conventions of modesty their elders thrust upon them, or, even when anxious to carry them out, wholly miss the point at issue: as when a child thinks that to put a little garment round the neck satisfies the demands of modesty. Julius Moses states that modesty in the uncovering of the sexual parts begins about the age of four. But in cases when this occurs it is difficult to exclude teaching and example. Under civilized conditions the convention of modesty long precedes its real development. Bell has found that in love affairs before the age of nine the girl is more aggressive than the boy and that at that age she begins to be modest.¹ It may fairly be said that complete development of modesty only takes place at the advent of puberty.² We may admit, with Perez, one of the very few writers who touch on the evolution of this emotion, that modesty may appear at a very early age if sexual desire appears early.³ We should not, however, be justified in asserting that on this account modesty is a purely sexual phenomenon. The social impulses also develop about puberty, and to that coincidence the compound nature of the emotion of modesty may well be largely due.

The sexual factor is, however, the simplest and most primitive element of modesty, and may, therefore, be mentioned first. Anyone who watches a bitch, not in heat, when approached by a dog with tail wagging gallantly, may see the beginnings of modesty. When the dog's attentions become a little too marked, the bitch squats firmly down on the front legs and hind quarters though when the period of œstrus comes her modesty may be flung to the air and she eagerly turns her hind quarters to her admirer's nose and elevates her tail high in the air. Her attitude of refusal is equivalent, that is to say, to that which in the human race is typified by the classical example of womanly

¹ Bell, "A Preliminary Study of the Emotion of Love Between the Sexes," *American Journal Psychology*, July, 1902.

² Professor Starbuck (*Psychology of Religion*, Chapter XXX) refers to unpublished investigations showing that recognition of the rights of others also exhibits a sudden increment at the age of puberty.

³ Perez, *L'Enfant de Trois à Sept Ans*, 1886, pp. 267-277.

modesty in the Medicean Venus, who withdraws the pelvis, at the same time holding one hand to guard the pubes, the other to guard the breasts.¹ The essential expression in each case is that of defence of the sexual centers against the undesired advances of the male.²

Stratz, who criticizes the above statement, argues (with photographs of nude women in illustration) that the normal type of European surprised modesty is shown by an attitude in which the arms are crossed over the breast, the most sexually attractive region, while the thighs are pressed together, one being placed before the other, the shoulder raised and the back slightly curved; occasionally, he adds, the hands may be used to cover the face, and then the crossed arms conceal the breasts. The Medicean Venus, he remarks, is only a pretty woman coquetting with her body. Canova's Venus in the Pitti (who has drapery in front of her, and presses her arms across her breast) being a more accurate rendering of the attitude of modesty. But Stratz admits that when a surprised woman is gazed at for some time, she turns her head away, sinks or closes her eyes, and covers her pubes (or any other part she thinks is being gazed at) with one hand, while with the other she hides her breast or face. This he terms the secondary expression of modesty. (Stratz, *Die Frauenkleidung*, third ed., p. 23.)

It is certainly true that the Medicean Venus merely represents an artistic convention, a generalized tradition, not founded on exact and precise observation of the gestures of modesty, and it is equally true that all the instinctive movements noted by Stratz are commonly resorted to by a woman whose nakedness is surprised. But in the absence of any series of carefully recorded observations, one may doubt

¹ It must be remembered that the Medicean Venus is merely a comparatively recent and familiar embodiment of a natural attitude which is very ancient, and had impressed sculptors at a far earlier period. Reinach, indeed, believes ("La Sculpture en Europe," *L'Anthropologie*, No. 5, 1895) that the hand was first brought to the breast to press out the milk, and expresses the idea of exuberance, and that the attitude of the Venus of Medici as a symbol of modesty came later; he remarks that, as regards both hands, this attitude may be found in a figurine of Cyprus, 2,000 years before Christ. This is, no doubt, correct, and I may add that Babylonian figurines of Ishtar, the goddess of fertility, represent her as clasping her hands to her breasts or her womb.

² When there is no sexual fear the impulse of modesty may be entirely inhibited. French ladies under the old Régime (as A. Franklin points out in his *Vie Privée d'Autrefois*) sometimes showed no modesty towards their valets, not admitting the possibility of any sexual advance, and a lady would, for example, stand up in her bath while a valet added hot water by pouring it between her separated feet.

whether the distinction drawn by Stratz between the primary and the secondary expression of modesty can be upheld as the general rule, while it is most certainly not true for every case. When a young woman is surprised in a state of nakedness by a person of the opposite, or even of the same, sex, it is her instinct to conceal the primary centers of sexual function and attractiveness, in the first place, the pubes, in the second place the breasts. The exact attitude and the particular gestures of the hands in achieving the desired end vary with the individual, and with the circumstances. The hand may not be used at all as a veil, and, indeed, the instinct of modesty itself may inhibit the use of the hand for the protection of modesty (to turn the back towards the beholder is often the chief impulse of blushing modesty, even when clothed), but the application of the hand to this end is primitive and natural. The lowly Fuegian woman, depicted by Hyades and Deniker, who holds her hand to her pubes while being photographed, is one at this point with the Roman Venus described by Ovid (*Ars Amatoria*, Book II) :—

Ipsa Venus pubem, quoties velamina ponit,
Protegitur læva semireducta manus."

It may be added that young men of the lower social classes, at all events in England, when bathing at the seaside in complete nudity, commonly grasp the sexual organs with one hand, for concealment, as they walk up from the sea.

The sexual modesty of the female animal is rooted in the sexual periodicity of the female, and is an involuntary expression of the organic fact that the time for love is not now. Inasmuch as this fact is true of the greater part of the lives of all female animals below man, the expression itself becomes so habitual that it even intrudes at those moments when it has ceased to be in place. We may see this again illustrated in the bitch, who, when in heat, herself runs after the male, and again turns to flee, perhaps only submitting with much persuasion to his embrace. Thus, modesty becomes something more than a mere refusal of the male; it becomes an invitation to the male, and is mixed up with his ideas of what is sexually desirable in the female. This would alone serve to account for the existence of modesty as a psychical secondary sexual character. In this sense, and in this sense only, we may say, with Colin Scott, that "the feeling of shame is made to be overcome," and is thus correlated with its physical representative, the hymen, in the rupture of which, as Groos remarks,

there is, in some degree, a disruption also of modesty. The sexual modesty of the female is thus an inevitable by-product of the naturally aggressive attitude of the male in sexual relationships, and the naturally defensive attitude of the female, this again being founded on the fact that, while—in man and the species allied to him—the sexual function in the female is periodic, and during most of life a function to be guarded from the opposite sex, in the male it rarely or never needs to be so guarded.¹

Both male and female, however, need to guard themselves during the exercise of their sexual activities from jealous rivals, as well as from enemies who might take advantage of their position to attack them. It is highly probable that this is one important sexual factor in the constitution of modesty, and it helps to explain how the male, not less than the female, cultivates modesty, and shuns publicity, in the exercise of sexual functions. Northcote has especially emphasized this element in modesty, as originating in the fear of rivals. "That from this seeking after secrecy from motives of fear should arise an instinctive feeling that the sexual act must always be hidden, is a natural enough sequence. And since it is not a long step between thinking of an act as needing concealment and thinking of it as wrong, it is easily conceivable that sexual intercourse comes to be regarded as a stolen and therefore, in some degree, a sinful pleasure."²

Animals in a state of nature usually appear to seek seclusion for sexual intercourse, although this instinct is lost under domestication. Even the lowest savages, also, if uncorrupted by civilized influences, seek the solitude of the forest or the pro-

¹ I do not hereby mean to deny a certain degree of normal periodicity even to the human male; but such periodicity scarcely involves any element of sexual fear or attitude of sexual defence, in man because it is too slight to involve complete latency of the sexual functions, in other species because latency of sexual function in the male is always accompanied by corresponding latency in the female.

² H. Northcote, *Christianity and the Sex Problem*, p. 8. Crawley had previously argued (*The Mystic Rose*, pp. 134, 180) that this same necessity for solitude during the performance of nutritive, sexual, and excretory functions, is a factor in investing such functions with a potential sacredness, so that the concealment of them became a religious duty.

tection of their huts for the same purpose; the rare cases in which coitus is public seem usually to involve a ceremonial or social observance, rather than mere personal gratification. At Loango, for instance, it would be highly improper to have intercourse in an exposed spot; it must only be performed inside the hut, with closed doors, at night, when no one is present.¹

It is on the sexual factor of modesty, existing in a well-marked form even among animals, that coquetry is founded. I am glad to find myself on this point in agreement with Professor Groos, who, in his elaborate study of the play-instinct, has reached the same conclusion. So far from being the mere heartless play by which a woman shows her power over a man, Groos points out that coquetry possesses "high biological and psychological significance," being rooted in the antagonism between the sexual instinct and inborn modesty. He refers to the roe, who runs away from the stag—but in a circle. (Groos, *Die Spiele der Menschen*, 1899, p. 339; also the same author's *Die Spiele der Thiere*, pp. 288 *et seq.*) Another example of coquetry is furnished by the female kingfisher (*Alcedo ispida*), which will spend all the morning in teasing and flying away from the male, but is careful constantly to look back, and never to let him out of her sight. (Many examples are given by Büchner, in *Liebe und Liebesleben in der Tierwelt*.) Robert Müller (*Sexualbiologie*, p. 302) emphasizes the importance of coquetry as a lure to the male.

"It is quite true," a lady writes to me in a private letter, "that 'coquetry is a poor thing,' and that every milkmaid can assume it, but a woman uses it principally in self-defence, while she is finding out what the man himself is like." This is in accordance with the remark of Marro, that modesty enables a woman "to put lovers to the test, in order to select him who is best able to serve the natural ends of love." It is doubtless the necessity for this probationary period, as a test of masculine qualities, which usually leads a woman to repel instinctively a too hasty and impatient suitor, for, as Arthur Macdonald remarks, "It seems to be instinctive in young women to reject the impetuous lover, without the least consideration of his character, ability, and fitness."

This essential element in courtship, this fundamental attitude of pursuer and pursued, is clearly to be seen even in animals and savages; it is equally pronounced in the most civilized men and women, manifesting itself in crude and subtle ways alike.

¹ *Zeitschrift für Ethnologie*, 1878, p. 26.

Shakespeare's Angelo, whose virtue had always resisted the temptations of vice, discovered at last that

"modesty may more betray our sense
Than woman's lightness."

"What," asked the wise Montaigne, "is the object of that virginal shame, that sedate coldness, that severe countenance, that pretence of not knowing things which they understand better than we who teach them, except to increase in us the desire to conquer and curb, to trample under our appetite, all that ceremony and those obstacles? For there is not only matter for pleasure, but for pride also, in ruffling and debauching that soft sweetness and infantine modesty."¹ The masculine attitude in the face of feminine coyness may easily pass into a kind of sadism, but is nevertheless in its origin an innocent and instinctive impulse. Restif de la Bretonne, describing his own shame and timidity as a pretty boy whom the girls would run after and kiss, adds: "It is surprising that at the same time I would imagine the pleasure I should have in embracing a girl who resisted, in inspiring her with timidity, in making her flee and in pursuing her; that was a part which I burned to play."² It is the instinct of the sophisticated and the unsophisticated alike. The Arabs have developed an erotic ideal of sensuality, but they emphasize the importance of feminine modesty, and declare that the best woman is "she who sees not men and whom they see not."³ This deep-rooted modesty of women towards men in courtship is intimately interwoven with the marriage customs and magic rites of even the most primitive peoples, and has survived in many civilized practices to-day.⁴ The prostitute must be able to simulate the modesty she may often be far from feeling, and the immense erotic advantage of the innocent over the vicious woman lies largely in the fact that in her the exquisite reactions of

¹ *Essais*, livre ii, Ch. XV.

² *Monsieur Nicolas*, vol. i, p. 80.

³ Lane, *Arabian Society*, p. 228. The Arab insistence on the value of virginal modesty is well brought out in one of the most charming stories of the *Arabian Nights*, "The History of the Mirror of Virginity."

⁴ This has especially been emphasized by Crawley, *The Mystic Rose*, pp. 181, 324 et seq., 353.

modesty are fresh and vigorous. "I cannot imagine anything that is more sexually exciting," remarks Hans Menjago, "than to observe a person of the opposite sex, who, by some external or internal force, is compelled to fight against her physical modesty. The more modest she is the more sexually exciting is the picture she presents."¹ It is notable that even in abnormal, as well as in normal, erotic passion the desire is for innocent and not for vicious women, and, in association with this, the desired favor to be keenly relished must often be gained by sudden surprise and not by mutual agreement. A foot fetishist writes to me: "It is the *stolen* glimpse of a pretty foot or ankle which produces the greatest effect on me." A urolagnic symbolist was chiefly excited by the act of urination when he caught a young woman unawares in the act. A fetishistic admirer of the nates only desired to see this region in innocent girls, not in prostitutes. The exhibitionist, almost invariably, only exposes himself to apparently respectable girls.

A Russian correspondent, who feels this charm of women in a particularly strong degree, is inclined to think that there is an element of perversity in it. "In the erotic action of the idea of feminine enjoyment," he writes, "I think there are traces of a certain perversity. In fact, owing to the impressions of early youth, woman (even if we feel contempt for her in theory) is placed above us, on a certain pedestal, as an almost sacred being, and the more so because mysterious. Now sensuality and sexual desire are considered as rather vulgar, and a little dirty, even ridiculous and degrading, not to say bestial. The woman who enjoys it, is, therefore, rather like a profaned altar, or, at least, like a divinity who has descended on to the earth. To give enjoyment to a woman is, therefore, like perpetrating a sacrilege, or at least like taking a liberty with a god. The feelings bequeathed to us by a long social civilization maintain themselves in spite of our rational and deliberate opinions. Reason tells us that there is nothing evil in sexual enjoyment, whether in man or woman, but an unconscious feeling directs our emotions, and this feeling (having a germ that was placed in modern men by Christianity, and perhaps by still older religions) says that woman *ought* to be an absolutely pure being, with ethereal sensations, and that in her sexual enjoyment is out of place, improper, scandalous. To arouse sexual emotions in a woman, if not to profane a sacred host, is, at all events, the staining of an immacu-

¹ *Geschlecht und Gesellschaft*, Bd. II, Heft 8, p. 358.

late people; if not sacrilege, it is, at least, irreverence or impertinence. For all men, the chaster a woman is, the more agreeable it is to bring her to the orgasm. That is felt as a triumph of the body over the soul, of sin over virtue, of earth over heaven. There is something diabolic in such pleasure, especially when it is felt by a man intoxicated with love, and full of religious respect for the virgin of his election. This feeling is, from a rational point of view, absurd, and in its tendencies, immoral; but it is delicious in its sacredly voluptuous subtlety. Defecation thus has its powerful fascination in the respect consciously or unconsciously felt for woman's chastity. In marriage, the feeling is yet more complicated: in deflowering his bride, the Christian (that is, any man brought up in a Christian civilization) has the feeling of committing a sort of sin (for the "flesh" is, for him, always connected with sin) which, by a special privilege, has for him become legitimate. He has received a special permit to corrupt innocence. Hence, the peculiar prestige for civilized Christians, of the wedding night, sung by Shelley, in ecstatic verses:—

"Oh, joy! Oh, fear! What will be done
In the absence of the sun!"

This feeling has, however, its normal range, and is not, *per se*, a perversity, though it may doubtless become so when unduly heightened by Christian sentiment, and especially if it leads, as to some extent it has led in my Russian correspondent, to an abnormal feeling of the sexual attraction of girls who have only or scarcely reached the age of puberty. The sexual charm of this period of girlhood is well illustrated in many of the poems of Thomas Ashe, and it is worthy of note, as perhaps supporting the contention that this attraction is based on Christian feeling, that Ashe had been a clergyman. An attentiveness to the woman's pleasure remains, in itself, very far from a perversion, but increases, as Colin Scott has pointed out, with civilization, while its absence—the indifference to the partner's pleasure—is a perversion of the most degraded kind.

There is no such instinctive demand on the woman's part for innocence in the man.¹ In the nature of things that could

¹ This, however, is not always or altogether true of experienced women. Thus, the Russian correspondent already referred to, who as a youth was accustomed, partly out of shyness, to feign complete ignorance of sexual matters, informs me that it repeatedly happened to him at this time that young married women took pleasure in imposing on themselves, not without shyness but with evident pleasure, the task of initiating him, though they always hastened to tell him that it was for his good, to preserve him from bad women and masturbation. Prostitutes, also, often take pleasure in innocent men, and Hans Ostwald

not be. Such emotion is required for properly playing the part of the pursued; it is by no means an added attraction on the part of the pursuer. There is, however, an allied and corresponding desire which is very often clearly or latently present in the woman: a longing for pleasure that is stolen or forbidden. It is a mistake to suppose that this is an indication of viciousness or perversity. It appears to be an impulse that occurs quite naturally in altogether innocent women. The exciting charm of the risky and dangerous naturally arises on a background of feminine shyness and timidity. We may trace its recognition at a very early stage of history in the story of Eve and the forbidden fruit that has so often been the symbol of the masculine organs of sex. It is on this ground that many have argued the folly of laying external restrictions on women in matters of love. Thus in quoting the great Italian writer who afterwards became Pope Pius II, Robert Burton remarked: "I am of *Æneas Sylvius*' mind, 'Those jealous Italians do very ill to lock up their wives; for women are of such a disposition they will mostly covet that which is denied most, and offend least when they have free liberty to trespass.'"¹

It is the spontaneous and natural instinct of the lover to desire modesty in his mistress, and by no means any calculated opinion on his part that modesty is the sign of sexual emotion. It remains true, however, that modesty is an expression of feminine erotic impulse. We have here one of the instances, of which there are so many, of that curious and instinctive harmony by which Nature has sought the more effectively to bring about the ends of courtship. As to the fact itself there can be little doubt. It constantly forces itself on the notice of careful observers, and has long been decided in the affirmative by those who have discussed the matter. Venette, one

tells (*Sexual-Probleme*, June, 1908, p. 357) of a prostitute who fell violently in love with a youth who had never known a woman before; she had never met an innocent man before, and it excited her greatly. And I have been told of an Italian prostitute who spoke of the exciting pleasure which an unspoilt youth gave her by his freshness, *tutta questa freschezza*.

¹ *Anatomy of Melancholy*, Part III. Sect. III. Mem. IV. Subs. I.

of the earliest writers on the psychology of sex, after discussing the question at length, decided that the timid woman is a more ardent lover than the bold woman.¹ "It is the most prudent girl," remarked Restif de la Bretonne whose experience of women was so extensive, "the girl who blushes most, who is most disposed to the pleasures of love;" he adds that, in girls and boys alike, shyness is a premature consciousness of sex.² This observation has even become embodied in popular proverbs. "Do as the lasses do—say no, but take it," is a Scotch saying, to which corresponds the Welsh saying, "The more prudish the more unchaste."³

It is not, at first, quite clear why an excessively shy and modest woman should be the most apt for intimate relationships with a man, and in such a case the woman is often charged with hypocrisy. There is, however, no hypocrisy in the matter. The shy and reserved woman holds herself aloof from intimacy in ordinary friendship, because she is acutely sensitive to the judgments of others, and fears that any seemingly immodest action may make an unfavorable opinion. With a lover, however, in whose eyes she feels assured that her actions can not be viewed unfavorably, these barriers of modesty fall down, and the resulting intimacy becomes all the more fascinating to the woman because of its contrast with the extreme reserve she is impelled to maintain in other relationships. It thus happens that many modest women who, in non-sexual relationships with their own sex, are not able to act with the physical unreserve not uncommon with women among themselves, yet feel no such reserve with a man, when they are once confident of his good opinion. Much the same is true of modest and sensitive men in their relations with women.

This fundamental animal factor of modesty, rooted in the natural facts of the sexual life of the higher mammals, and especially man, obviously will not explain all the phenomena of modesty. We must turn to the other great primary element of modesty, the social factor.

We cannot doubt that one of the most primitive and universal of the social characteristics of man is an aptitude for disgust, founded, as it is, on a yet more primitive and animal aptitude for disgust, which has little or no social significance.

¹ N. Venette, *La Génération de l'Homme*, Part II, Ch. X.

² *Monsieur Nicolas*, vol. i, p. 94.

³ *Kovvradia*, vol. ii, p. 26, 31. *Ib.* vol. iii, p. 162.

In nearly all races, even the most savage, we seem to find distinct traces of this aptitude for disgust in the presence of certain actions of others, an emotion naturally reflected in the individual's own actions, and hence a guide to conduct. Notwithstanding our gastric community of disgust with lower animals, it is only in man that this disgust seems to become transformed and developed, to possess a distinctly social character, and to serve as a guide to social conduct.¹ The objects of disgust vary infinitely according to the circumstances and habits of particular races, but the reaction of disgust is fundamental throughout.

The best study of the phenomena of disgust known to me is, without doubt, Professor Richet's.² Richet concludes that it is the *dangerous* and the *useless* which evoke disgust. The digestive and sexual excretions and secretions, being either useless or, in accordance with wide-spread primitive ideas, highly dangerous, the genito-anal region became a concentrated focus of disgust.³ It is largely for this reason, no doubt, that savage men exhibit modesty, not only toward women, but toward their own sex, and that so many of the lowest savages take great precautions in obtaining seclusion for the fulfillment of natural functions. The statement, now so often made, that the primary object of clothes is to accentuate, rather than to conceal, has in it—as I shall point out later—a large element of truth, but it is by no means a complete account of the matter. It seems difficult not to admit that, alongside the impulse to accentuate sexual differences, there is also in both men and women a genuine impulse to concealment among the most primitive peoples, and the invincible repugnance often felt by savages to remove the girdle or

¹ "Modesty is, at first," said Renouvier, "a fear which we have of displeasing others, and of blushing at our own natural imperfections." (Renouvier and Prat, *La Nouvelle Monadologie*, p. 221.)

² C. Richet, "Les Causes du Dégout," *L'Homme et l'Intelligence*, 1884. This eminent physiologist's elaborate study of disgust was not written as a contribution to the psychology of modesty, but it forms an admirable introduction to the investigation of the social factor of modesty.

³ It is interesting to note that where, as among the Eskimo, urine, for instance, is preserved as a highly-valuable commodity, the act of urination, even at table, is not regarded as in the slightest degree disgusting or immodest (Bourke, *Scatologic Rites*, p. 202).

apron, is scarcely accounted for by the theory that it is solely a sexual lure.

In this connection it seems to me instructive to consider a special form of modesty very strongly marked among savages in some parts of the world. I refer to the feeling of immodesty in eating. Where this feeling exists, modesty is offended when one eats in public; the modest man retires to eat. Indecency, said Cook, was utterly unknown among the Tahitians; but they would not eat together; even brothers and sisters had their separate baskets of provisions, and generally sat some yards apart, with their backs to each other, when they ate.¹ The Warrua of Central Africa, Cameron found, when offered a drink, put up a cloth before their faces while they swallowed it, and would not allow anyone to see them eat or drink; so that every man or woman must have his own fire and cook for himself.² Karl von den Steinen remarks, in his interesting book on Brazil, that though the Bakairi of Central Brazil have no feeling of shame about nakedness, they are ashamed to eat in public; they retire to eat, and hung their heads in shame-faced confusion when they saw him innocently eat in public. Hrolf Vaughan Stevens found that, when he gave an Orang-Laut (Malay) woman anything to eat, she not only would not eat it if her husband were present, but if any man were present she would go outside before eating or giving her children to eat.³ Thus among these peoples the act of eating in public produces the same feelings as among ourselves the indecent exposure of the body in public.⁴

¹ Hawkesworth, *An Account of the Voyages*, etc., 1775, vol. ii, p. 52.

² *Journal of the Anthropological Institute*, vol. vi, p. 173.

³ Stevens, "Mittheilungen aus dem Frauenleben der Orang Belendas," *Zeitschrift für Ethnologie*, Heft 4, p. 187, 1896. Crawley, (*Mystic Rose*, Ch. VIII, p. 439) gives numerous other instances, even in Europe, with, however, special reference to sexual taboo. I may remark that English people of lower class, especially women, are often modest about eating in the presence of people of higher class. This feeling is, no doubt, due, in part, to the consciousness of defective etiquette, but that very consciousness is, in part, a development of the fear of causing disgust, which is a component of modesty.

⁴ Shame in regard to eating, it may be added, occasionally appears as a neurasthenic obsession in civilization, and has been studied as a form of pre-occupation by Janet. See e.g., (Raymond and Janet, *Les Obsessions et la Préoccupation*, vol. ii, p. 386) the case of a young girl

It is quite easy to understand how this arises. Whenever there is any pressure on the means of subsistence, as among savages at some time or another there nearly always is, it must necessarily arouse a profound and mixed emotion of desire and disgust to see another person putting into his stomach what one might just as well have put into one's own.¹ The special secrecy sometimes observed by women is probably due to the fact that women would be less able to resist the emotions that the act of eating would arouse in onlookers. As social feeling develops, a man desires not only to eat in safety, but also to avoid being an object of disgust, and to spare his friends all unpleasant emotions. Hence it becomes a requirement of ordinary decency to eat in private. A man who eats in public becomes—like the man who in our cities exposes his person in public—an object of disgust and contempt.

Long ago, when a hospital student on midwifery duty in London slums, I had occasion to observe that among the women of the poor, and more especially in those who had lost the first bloom of youth, modesty consisted chiefly in the fear of being disgusting. There was an almost pathetic anxiety, in the face of pain and discomfort, not to be disgusting in the doctor's eyes. This anxiety expressed itself in the ordinary symptoms of modesty. But, as soon as the woman realized that I found nothing disgusting in whatever was proper and necessary to be done under the circumstances, it almost invariably happened that every sign of modesty at once disappeared.² In the special

of 24, who, from the age of 12 or 13 (the epoch of puberty) had been ashamed to eat in public, thinking it nasty and ugly to do so, and arguing that it ought only to be done in private, like urination.

¹ "Desire and disgust are curiously blended," remarks Crawley (*The Mystic Rose*, p. 139), "when, with one's own desire unsatisfied, one sees the satisfaction of another; and here we may see the altruistic stage beginning; this has two sides, the fear of causing desire in others, and the fear of causing disgust; in each case, personal isolation is the psychological result."

² Hohenemser argues that the fear of causing disgust cannot be a part of shame. But he also argues that shame is simply psychic stasis, and it is quite easy to see, as in the above case, that the fear of causing disgust is simply a manifestation of psychic stasis. There is a conflict in the woman's mind between the idea of herself which she has already given, and the more degraded idea of herself which she

and elementary conditions of parturition, modesty is reduced to this one fear of causing disgust; so that, when that is negated, the emotion is non-existent, and the subject becomes, without effort, as direct and natural as a little child. A fellow-student on similar duty, who also discovered for himself the same character of modesty—that if he was careful to guard her modesty the woman was careful also, and that if he was not the woman was not—remarked on it to me with sadness; it seemed to him derogatory to womanhood that what he had been accustomed to consider its supreme grace should be so superficial that he could at will set limits to it.¹ I thought then, as I think still, that that was rather a perversion of the matter, and that nothing becomes degrading because we happen to have learned something about its operations. But I am more convinced than ever that the fear of causing disgust—a fear quite distinct from that of losing a sexual lure or breaking a rule of social etiquette—

fears she is likely to give, and this conflict is settled when she is made to feel that the first idea may still be maintained under the new circumstances.

¹ We neither of us knew that we had merely made afresh a very ancient discovery. Casanova, more than a century ago, quoted the remark of a friend of his, that the easiest way to overcome the modesty of a woman is to suppose it non-existent; and he adds a saying, which he attributes to Clement of Alexandria, that modesty, which seems so deeply rooted in women, only resides in the linen that covers them, and vanishes when it vanishes. The passage to which Casanova referred occurs in the *Paedagogus*, and has already been quoted. The observation seems to have appealed strongly to the Fathers, always glad to make a point against women, and I have met with it in Cyprian's *De Habitu Feminarum*. It also occurs in Jerome's treatise against Jovinian. Jerome, with more scholarly instinct, rightly presents the remark as a quotation: "*Scribit Herodotus quod mulier cum veste deponat et verecundiam.*" In Herodotus the saying is attributed to Gyges (Book I, Chapter VIII). We may thus trace very far back into antiquity an observation which in English has received its classical expression from Chaucer, who, in his "Wife of Bath's Prologue," has:—

"He sayde, a woman cast hir shame away,
When she cast of hir smok."

I need not point out that the analysis of modesty offered above robs this venerable saying of any sting it may have possessed as a slur upon women. In such a case, modesty is largely a doubt as to the spectator's attitude, and necessarily disappears when that doubt is satisfactorily resolved. As we have seen, the Central Australian maidens were very modest with regard to the removal of their single garment, but when that removal was accomplished and accepted, they were fearless.

plays a very large part in the modesty of the more modest sex, and in modesty generally. Our Venuses, as Lucretius long since remarked and Montaigne after him, are careful to conceal from their lovers the *vita postscenia*, and that fantastic fate which placed so near together the supreme foci of physical attraction and physical repugnance, has immensely contributed to build up all the subtlest coqueties of courtship. Whatever stimulates self-confidence and lulls the fear of evoking disgust—whether it is the presence of a beloved person in whose good opinion complete confidence is felt, or whether it is merely the grosser narcotizing influence of a slight degree of intoxication—always automatically lulls the emotion of modesty.¹ Together with the animal factor of sexual refusal, this social fear of evoking disgust seems to me the most fundamental element in modesty.

It is, of course, impossible to argue that the fact of the sacro-public region of the body being the chief focus of concealment proves the importance of this factor of modesty. But it may fairly be argued that it owes this position not merely to being the sexual centre, but also as being the excretory centre. Even among many lower mammals, as well as among birds and insects, there is a well-marked horror of dirt, somewhat disguised by the varying ways in which an animal may be said to define "dirt." Many animals spend more time and energy in the duties of cleanliness than human beings, and they often show well-marked anxiety to remove their own excrement, or to keep away from it.² Thus this element of modesty also may be said to have an animal basis.

It is on this animal basis that the human and social fear of arousing disgust has developed. Its probably wide extension is indicated not only by the strong feeling attached to the constant presence of clothing on this part of the body,—such constant presence being quite uncalled for if the garment or ornament

¹ The same result occurs more markedly under the deadening influence of insanity. Grimaldi (*Il Manicomio Moderno*, 1888) found that modesty is lacking in 50 per cent. of the insane.

² For some facts bearing on this point, see Houssay, *Industries of Animals*, Chapter VII. "The Defence and Sanitation of Dwellings;" also P. Ballion, *De l'Instinct de Propreté chez les Animaux*.

is merely a sort of sexual war-paint,—but by the repugnance felt by many savages very low down in the scale to the public satisfaction of natural needs, and to their more than civilized cleanliness in this connection;¹ it is further of interest to note that in some parts of the world the covering is not in front, but behind; though of this fact there are probably other explanations. Among civilized people, also, it may be added, the final and invincible seat of modesty is sometimes not around the pubes, but the anus; that is to say, that in such cases the fear of arousing disgust is the ultimate and most fundamental element of modesty.²

The concentration of modesty around the anus is sometimes very marked. Many women feel so high a degree of shame and reserve with regard to this region, that they are comparatively indifferent to an anterior examination of the sexual organs. A similar feeling is not seldom found in men. "I would permit of an examination of my genitals by a medical man, without any feeling of discomfort," a correspondent writes, "but I think I would rather die than submit to any rectal examination." Even physicians have been known to endure painful rectal disorders for years, rather than undergo examination.

"Among ordinary English girls," a medical correspondent writes, "I have often noticed that the dislike and shame of allowing a man to have sexual intercourse with them, when newly married, is simply due to the fact that the sexual aperture is so closely apposed to the anus and bladder. If the vulva and vagina were situated between a woman's shoulder blades, and a man had a separate instrument for coitus, not used for any excretory purpose, I do not think women would feel about intercourse as they sometimes do. Again, in their ignorance of anatomy, women often look upon the vagina and womb as part of the bowel and its exit of discharge, and sometimes say, for

¹ Thus, Stevens mentions (*Zeitschrift für Ethnologie*, p. 182, 1897) that the Dyaks of Malacca always wash the sexual organs, even after urination, and are careful to use the left hand in doing so. The left hand is also reserved for such uses among the Jekris of the Niger coast (*Journal of the Anthropological Institute*, p. 122, 1898).

² Lombroso and Ferrero—who adopt the derivation of *pudor* from *putere*; i.e., from the repugnance caused by the decomposition of the vaginal secretions—consider that the fear of causing disgust to men is the sole origin of modesty among savage women, as also it remains the sole form of modesty among some prostitutes to-day. (*La Donna Delinquente*, p. 540.) Important as this factor is in the constitution of the emotion of modesty, I need scarcely add that I regard so exclusive a theory as altogether untenable.

instance, 'inflammation of the *bowel*, when they mean *womb*. Again, many, perhaps most, women believe that they pass water through the vagina, and are ignorant of the existence of the separate urethral orifice. Again, women associate the vulva with the anus, and so feel ashamed of it; even when speaking to their husbands, or to a doctor, or among themselves; they have absolutely no name for the vulva (I mean among the upper classes, and people of gentle birth), but speak of it as 'down below,' 'low down,' etc."

Even though this feeling is largely based on wrong and ignorant ideas, it must still be recognized that it is to some extent natural and inevitable. "How much is risked," exclaims Dugas, "in the privacies of love! The results may be disillusion, disgust, the consciousness of physical imperfection, of brutality or coldness, of æsthetic disenchantment, of a sentimental shock, seen or divined. To be without modesty, that is to say, to have no fear of the ordeals of love, one must be sure of one's self, of one's grace, of one's physical emotions, of one's feelings, and be sure, moreover, of the effect of all these on the nerves, the imagination, and the heart of another person. Let us suppose modesty reduced to æsthetic discomfort, to a woman's fear of displeasing, or of not seeming beautiful enough. Even thus defined, how can modesty avoid being always awake and restless? What woman could repeat, without risk, the tranquil action of Phryne? And even in that action, who knows how much may not have been due to mere professional insolence!" (Dugas, "*La Pudeur*," *Revue Philosophique*, November, 1903.) "Men and Women," Schurtz points out (*Altersklassen und Männerbünde*, pp. 41-51), have certainly the capacity mutually to supplement and enrich each other; but when this completion fails, or is not sought, the difference may easily become a strong antipathy;" and he proceeds to develop the wide-reaching significance of this psychic fact.

I have emphasized the proximity of the excretory centres to the sexual focus in discussing this important factor of modesty, because, in analyzing so complex and elusive an emotion as modesty it is desirable to keep as near as possible to the essential and fundamental facts on which it is based. It is scarcely necessary to point out that, in ordinary civilized society, these fundamental facts are not usually present at the surface of consciousness and may even be absent altogether; on the foundation of them may arise all sorts of idealized fears, of delicate reserves, of æsthetic refinements, as the emotions of love become more complex and more subtle, and the crude simplicity of the basis on which they finally rest becomes inevitably concealed.

Another factor of modesty, which reaches a high development in savagery, is the ritual element, especially the idea of ceremonial uncleanness, based on a dread of the supernatural influences which the sexual organs and functions are supposed to exert. It may be to some extent rooted in the elements already referred to, and it leads us into a much wider field than that of modesty, so that it is only necessary to touch slightly on it here; it has been exhaustively studied by Frazer and by Crawley. Offences against the ritual rendered necessary by this mysterious dread, though more serious than offences against sexual reticence or the fear of causing disgust, are so obviously allied that they all reinforce one another and cannot easily be disentangled.

Nearly everywhere all over the world at a primitive stage of thought, and even to some extent in the highest civilization, the sight of the sexual organs or of the sexual act, the image or even the names of the sexual parts of either man or woman, are believed to have a curiously potent influence, sometimes beneficent, but quite as often maleficent. The two kinds of influence may even be combined, and Riedel, quoted by Ploss and Bartels,¹ states that the Ambon islanders carve a schematic representation of the vulva on their fruit trees, in part to promote the productiveness of the trees, and in part to scare any unauthorized person who might be tempted to steal the fruit. The precautions prescribed as regards coitus at Loango² are evidently associated with religious fears. In Ceylon, again (as a medical correspondent there informs me), where the penis is worshipped and held sacred, a native never allows it to be seen, except under compulsion, by a doctor, and even a wife must neither see it nor touch it nor ask for coitus, though she must grant as much as the husband desires. All savage and barbarous peoples who have attained any high degree of ceremonialism have included the functions not only of sex, but also of excretion, more or less stringently within the bounds of that ceremonialism.³ It is only necessary to refer to the Jewish ritual books of the old Testa-

¹ *Das Weib*, Ch. VI.

² For references as to a similar feeling among other savages, see Westermarck, *History of Human Marriage*, p. 152.

³ See e.g., Bourke, *Scatologic Rites*, pp. 141, 145, etc.

ment, to Hesiod, and to the customs prevalent among Mohammedan peoples. Modesty in eating, also, has its roots by no means only in the fear of causing disgust, but very largely in this kind of ritual, and Crawley has shown how numerous and frequent among primitive peoples are the religious implications of eating and drinking.¹ So profound is this dread of the sacred mystery of sex, and so widespread is the ritual based upon it, that some have imagined that here alone we may find the complete explanation of modesty, and Salomon Reinach declares that "at the origin of the emotion of modesty lies a taboo."²

Durkheim ("La Prohibition de l'Inceste," *L'Année Sociologique*, 1898, p. 50), arguing that whatever sense of repugnance women may inspire must necessarily reach the highest point around the womb, which is hence subjected to the most stringent taboo, incidentally suggests that here is an origin of modesty. "The sexual organs must be veiled at an early period, to prevent the dangerous effluvia which they give off from reaching the environment. The veil is often a method of intercepting magic action. Once constituted, the practice would be maintained and transformed."

It was doubtless as a secondary and derived significance that the veil became, as Reinach ("Le Voile de l'Oblation," *op. cit.*, pp. 299-311) shows it was, alike among the Romans and in the Catholic Church, the sign of consecration to the gods.

At an early stage of culture, again, menstruation is regarded as a process of purification, a dangerous expulsion of vitiated humors. Hence the term *katharsis* applied to it by the Greeks. Hence also the mediæval view of women: "*Mulier speciosa templum ædificatum super cloacam*," said Boethius. The sacro-public region in women, because it includes the source of menstruation, thus becomes a specially heightened seat of taboo. According to the Mosiac law (Leviticus, Chapter XX, v. 18), if a man uncovered a menstruating woman, both were to be cut off.

It is probable that the Mohammedan custom of veiling the face and head really has its source solely in another aspect of this ritual factor of modesty. It must be remembered that this custom is not Mohammedan in its origin, since it existed long pre-

¹ Crawley, *op. cit.*, Ch. VII.

² S. Reinach, *Cultes, Mythes et Religions*, p. 172.

viously among the Arabians, and is described by Tertullian.¹ In early Arabia very handsome men also veiled their faces, in order to preserve themselves from the evil eye, and it has been conjectured with much probability that the origin of the custom of women veiling their faces may be traced to this magico-religious precaution.² Among the Jews of the same period, according to Büchler,³ the women had their heads covered and never cut their hair; to appear in the streets without such covering would be like a prostitute and was adequate ground for divorce; adulterous women were punished by uncovering their heads and cutting their hair. It is possible, though not certain, that St. Paul's obscure injunction to women to cover their heads "because of the angels," may really be based on the ancient reason, that when uncovered they would be exposed to the wanton assaults of spirits (1 Corinthians, Ch. XI, vv. 5-6),⁴ exactly as Singhalese women believe that they must keep the vulva covered lest demons should have intercourse with them. Even at the present day St. Paul's injunction is still observed by Christendom, which is, however, far from accepting, or even perhaps understanding, the folk-lore ground on which are based such injunctions.

Crawley thus summarizes some of the evidence concerning the significance of the veil:—

"Sexual shyness, not only in woman, but in man, is intensified at marriage, and forms a chief feature of the dangerous sexual properties mutually feared. When fully ceremonial, the idea takes on the meaning that satisfaction of these feelings will lead to their neutralization, as, in fact, it does. The bridegroom in ancient Sparta supped on the wedding night at the men's mess, and then visited his bride, leaving her before daybreak. This practice was continued, and sometimes children were born before the pair had ever seen each other's faces by day. At weddings in the Babar Islands, the bridegroom has

¹ Tertullian, *De Virginibus Velandis*, cap. 17. Hottentot women, also (Eritsch, *Eingeborne Südafrika's*, p. 311), cover their head with a cloth, and will not be persuaded to remove it.

² Wellhausen, *Reste Arabischen Heidentums*, p. 196. The same custom is found among Tuareg men though it is not imperative for the women (Daveyrier, *Les Touaregs du Nord*, p. 291).

³ Quoted in *Zentralblatt für Anthropologie*, 1906, Heft 1, p. 21.

⁴ Or rather, perhaps, because the sight of their nakedness might lead the angels into sin. See W. G. Sumner, *Folkways*, p. 431.

to hunt for his bride in a darkened room. This lasts a good while if she is shy. In South Africa, the bridegroom may not see his bride till the whole of the marriage ceremonies have been performed. In Persia, a husband never sees his wife till he has consummated the marriage. At marriages in South Arabia, the bride and bridegroom have to sit immovable in the same position from noon till midnight, fasting, in separate rooms. The bride is attended by ladies, and the groom by men. They may not see each other till the night of the fourth day. In Egypt, the groom cannot see the face of his bride, even by a surreptitious glance, till she is in his absolute possession. Then comes the ceremony, which he performs, of uncovering her face. In Egypt, of course, this has been accentuated by the seclusion and veiling of women. In Morocco, at the feast before the marriage, the bride and groom sit together on a sort of throne; all the time, the poor bride's eyes are firmly closed, and she sits amidst the revelry as immovable as a statue. On the next day is the marriage. She is conducted after dark to her future home, accompanied by a crowd with lanterns and candles. She is led with closed eyes along the street by two relatives, each holding one of her hands. The bride's head is held in its proper position by a female relative, who walks behind her. She wears a veil, and is not allowed to open her eyes until she is set on the bridal bed, with a girl friend beside her. Amongst the Zulus, the bridal party proceeds to the house of the groom, having the bride hidden amongst them. They stand facing the groom, while the bride sings a song. Her companions then suddenly break away, and she is discovered standing in the middle, with a fringe of beads covering her face. Amongst the people of Kumaun, the husband sees his wife first after the joining of hands. Amongst the Bedui of North East Africa, the bride is brought on the evening of the wedding-day by her girl friends, to the groom's house. She is closely muffled up. Amongst the Jews of Jerusalem, the bride, at the marriage ceremony, stands under the nuptial canopy, her eyes being closed, that she may not behold the face of her future husband before she reaches the bridal chamber. In Melanesia, the bride is carried to her new home on some one's back, wrapped in many mats, with palm-fans held about her face, because she is supposed to be modest and shy. Among the Damaras, the groom cannot see his bride for four days after marriage. When a Damara woman is asked in marriage, she covers her face for a time with the flap of a head-dress made for this purpose. At the Thlinket marriage ceremony, the bride must look down, and keep her head bowed all the time; during the wedding-day, she remains hiding in a corner of the house, and the groom is forbidden to enter. At a Yezedee marriage, the bride is covered from head to foot with a thick veil, and when arrived at her new home, she retires behind a curtain in the corner of a darkened room,

where she remains for three days before her husband is permitted to see her. In Corea, the bride has to cover her face with her long sleeves, when meeting the bridegroom at the wedding. The Manchurian bride uncovers her face for the first time when she descends from the nuptial couch. It is dangerous even to see dangerous persons. Sight is a method of contagion in primitive science, and the idea coincides with the psychological aversion to see dangerous things, and with sexual shyness and timidity. In the customs noticed, we can distinguish the feeling that it is dangerous to the bride for her husband's eyes to be upon her, and the feeling of bashfulness in her which induces her neither to see him nor to be seen by him. These ideas explain the origin of the bridal veil and similar concealments. The bridal veil is used, to take a few instances, in China, Burmah, Corea, Russia, Bulgaria, Manchuria, and Persia, and in all these cases it conceals the face entirely." (E. Crawley, *The Mystic Rose*, pp. 328 *et seq.*)

Alexander Walker, writing in 1846, remarks: "Among old-fashioned people, of whom a good example may be found in old country people of the middle class in England, it is indecent to be seen with the head unclothed; such a woman is terrified at the chance of being seen in that condition, and if intruded on at that time, she shrieks with terror, and flies to conceal herself." (A. Walker, *Beauty*, p. 15.) This fear of being seen with the head uncovered exists still, M. Van Gennep informs me, in some regions of France, as in Brittany.

So far it has only been necessary to refer incidentally to the connection of modesty with clothing. I have sought to emphasize the unquestionable, but often forgotten, fact that modesty is in its origin independent of clothing, that physiological modesty takes precedence of anatomical modesty, and that the primary factors of modesty were certainly developed long before the discovery of either ornament or garments. The rise of clothing probably had its first psychical basis on an emotion of modesty already compositely formed of the elements we have traced. Both the main elementary factors, it must be noted, must naturally tend to develop and unite in a more complex, though—it may well be—much less intense, emotion. The impulse which leads the female animal, as it leads some African women when found without their girdles, to squat firmly down on the earth, becomes a more refined and extended play of gesture and ornament and garment. A very notable advance, I may remark, is made when this primary attitude of defence against

the action of the male becomes a defence against his eyes. We may thus explain the spread of modesty to various parts of the body, even when we exclude the more special influence of the evil eye. The breasts very early become a focus of modesty in women; this may be observed among many naked, or nearly naked, negro races; the tendency of the nates to become the chief seat of modesty in many parts of Africa may probably be, in large part, thus explained, since the full development of the gluteal regions is often the greatest attraction an African woman can possess.¹ The same cause contributes, doubtless, to the face becoming, in some races, the centre of modesty. We see the influence of this defence against strange eyes in the special precautions in gesture or clothing taken by the women in various parts of the world, against the more offensive eyes of civilized Europeans.

But in thus becoming directed only against sight, and not against action, the gestures of modesty are at once free to become merely those of coquetry. When there is no real danger of offensive action, there is no need for more than playful defence, and no serious anxiety should that defence be taken as a disguised invitation. Thus the road is at once fully open toward the most civilized manifestations of the comedy of courtship.

In the same way the social fear of arousing disgust combines easily and perfectly with any new development in the invention of ornament or clothing as sexual lures. Even among the most civilized races it has often been noted that the fashion of feminine garments (as also sometimes the use of scents) has the double object of concealing and attracting. It is so with the little apron of the young savage belle. The heightening of the attraction is, indeed, a logical outcome of the fear of evoking disgust.

¹ In Moruland, Emin Bey remarked that women are mostly naked, but some wear a girdle, with a few leaves hanging behind. The women of some negro tribes, who thus cover themselves behind, if deprived of this sole covering, immediately throw themselves on the ground on their backs, in order to hide their nakedness.

It is possible, as some ethnographers have observed,¹ that intercrural cords and other primitive garments have a physical ground, inasmuch as they protect the most sensitive and unprotected part of the body, especially in women. We may note in this connection the significant remarks of K. von den Steinen, who argues that among Brazilian tribes the object of the *uluri*, etc., is to obtain a maximum of protection for the mucous membrane with a minimum of concealment. Among the Eskimo, as Nansen noted, the corresponding intercrural cord is so thin as to be often practically invisible; this may be noted, I may add, in the excellent photographs of Eskimo women given by Holm.

But it is evident that, in the beginning, protection is to little or no extent the motive for attaching foreign substances to the body. Thus the tribes of Central Australia wear no clothes, although they often suffer from the cold. But, in addition to armlets, neck-bands and head-bands, they have string or hair girdles, with, for the women, a very small apron and, for the men, a pubic tassel. The latter does not conceal the organs, being no larger than a coin, and often brilliantly coated with white pipe-clay, especially during the progress of *corrobborrees*, when a large number of men and women meet together; it serves the purpose of drawing attention to the organs.² When Forster visited the unspoilt islanders of the Pacific early in the eighteenth century, he tells us that, though they wore no clothes, they found it necessary to cover themselves with various ornaments, especially on the sexual parts. "But though their males," he remarks, "were to all appearances equally anxious in this respect with their females, this part of their dress served only to make that more conspicuous which it intended to hide."³ He adds the significant remark that "these ideas of decency and modesty are only observed at the age of sexual maturity," just as in Central Australia women may only wear aprons after the initiation of puberty.

¹ E.g., Letourneau, *L'Evolution de la Morale*, p. 146.

² Spencer and Gillen, *Northern Tribes of Central Australia*, p. 683.

³ J. R. Forster, *Observations Made During a Voyage Round the World*, 1728, p. 305.

"There are certain things," said Montaigne, "which are hidden in order to be shown;" and there can be no doubt that the contention of Westermarck and others, that ornament and clothing were, in the first place, intended, not to conceal or even to protect the body, but, in large part, to render it sexually attractive, is fully proved.¹ We cannot, in the light of all that has gone before, regard ornaments and clothing as the sole cause of modesty, but the feelings that are thus gathered around the garment constitute a highly important factor of modesty.

Among some Australian tribes it is said that the sexual organs are only covered during their erotic dances; and it is further said that in some parts of the world only prostitutes are clothed. "The scanty covering," as Westermarck observes, "was found to act as the most powerful obtainable sexual stimulus." It is undoubtedly true that this statement may be made not merely of the savage, but of the most civilized world. All observers agree that the complete nudity of savages, unlike the civilized *décolleté* or *détroussé*, has no suggestion of sexual allurements. (Westermarck quotes numerous testimonies on this point, *op. cit.*, pp. 192 *et seq.*) Dr. R. W. Felkin remarks concerning Central Africa, that he has never met more indecency than in Uganda, where the penalty of death is inflicted on an adult found naked in the street. (*Edinburgh Medical Journal*, April, 1884.) A study of pictures or statuary will alone serve to demonstrate that nakedness is always chaster in its effects than partial clothing. As a well-known artist, Du Maurier, has remarked (in *Trilby*), it is "a fact well known to all painters and sculptors who have used the nude model (except a few shady pretenders, whose purity, not being of the right sort, has gone rank from too much watching) that nothing is so chaste as nudity. Venus herself, as she drops her garments and steps on to the model-throne, leaves behind her on the floor every weapon in her armory by which she can pierce to the grosser passions of men." Burton, in the *Anatomy of Melancholy* (Part III, Sect. II, Subsect. 3), deals at length with the "Allurements of Love," and concludes that "the greatest provocations of lust are from our apparel." The artist's model, as one informs me, is much less exposed to liberties from men when nude

¹ Westermarck (*History of Human Marriage*, Ch. IX) ably sets forth this argument, with his usual wealth of illustration. Crawley (*Mystic Rose*, p. 135) seeks to qualify this conclusion by arguing that tattooing, etc., of the sex organs is not for ornament but for the purpose of magically insulating the organs, and is practically a permanent amulet or charm.

than when she is partially clothed, and it may be noted that in Paris studios the model who poses naked undresses behind a screen.

An admirable poetic rendering of this element in the philosophy of clothing has been given by Herrick, that master of erotic psychology, in "A Lily in Crystal," where he argues that a lily in crystal, and amber in a stream, and strawberries in cream, gain an added delight from semi-concealment; and so, he concludes, we obtain

"A rule, how far, to teach,
Your nakedness must reach-

In this connection, also, it is worth noting that Stanley Hall, in a report based on returns from nearly a thousand persons, mostly teachers ("The Early Sense of Self," *American Journal of Psychology*, 1898, p. 366), finds that of the three functions of clothes—protection, ornament, and Lotzean "self-feeling"—the second is by far the most conspicuous in childhood. The attitude of children is testimony to the primitive attitude toward clothing.

It cannot, however, be said that the use of clothing for the sake of showing the natural forms of the body has everywhere been developed. In Japan, where nakedness is accepted without shame, clothes are worn to cover and conceal, and not to reveal, the body. It is so, also, in China. A distinguished Chinese gentleman, who had long resided in Europe, once told Baelz that he had gradually learnt to grasp the European point of view, but that it would be impossible to persuade his fellow-countrymen that a woman who used her clothes to show off her figure could possibly possess the least trace of modesty. (Baelz, *Zeitschrift für Ethnologie*, 1901, Heft 2, p. 170.)

The great artistic elaboration often displayed by articles of ornament or clothing, even when very small, and the fact—as shown by Karl von den Steinen regarding the Brazilian *uturi*—that they may serve as common motives in general decoration, sufficiently prove that such objects attract rather than avoid attention. And while there is an invincible repugnance among some peoples to remove these articles, such repugnance being often strongest when the adornment is most minute, others have no such repugnance or are quite indifferent whether or not their aprons are accurately adjusted. The mere presence or possession of the article gives the required sense of self-respect, of human dignity, of sexual desirability. Thus it is that to undress a person is to humiliate him; this was so even in Ho-

meric times, for we may recall the threat of Ulysses to strip Thyestes.¹

When clothing is once established, another element, this time a social-economic element, often comes in to emphasize its importance and increase the anatomical modesty of women. I mean the growth of the conception of women as property. Waitz, followed by Schurtz and Letourneau, has insisted that the jealousy of husbands is the primary origin of clothing, and, indirectly, of modesty. Diderot in the eighteenth century had already given clear expression to the same view. It is undoubtedly true that only married women are among some peoples clothed, the unmarried women, though full grown, remaining naked. In many parts of the world, also, as Mantegazza and others have shown, where the men are naked and the women covered, clothing is regarded as a sort of disgrace, and men can only with difficulty be persuaded to adopt it. Before marriage a woman was often free, and not bound to chastity, and at the same time was often naked; after marriage she was clothed, and no longer free. To the husband's mind, the garment appears—illogically, though naturally—a moral and physical protection against any attack on his property.² Thus a new motive was furnished, this time somewhat artificially, for making nakedness, in women at all events, disgraceful. As the conception of property also extended to the father's right over his daughters, and the appreciation of female chastity developed, this motive spread to unmarried as well as married women. A woman on the west coast of Africa must always be chaste because she is first the property of her parents and afterwards of her husband,³ and even in the seventeenth century of Christendom so able a thinker as Bishop Burnet furnished precisely the same reason

¹ *Iliad*, II, 202. Waitz gives instances (*Anthropology*, p. 301) showing that nakedness is sometimes a mark of submission.

² The Celtic races, in their days of developed barbarism, seem to have been relatively free from the idea of proprietorship in women, and it was probably among the Irish (as we learn from the seventeenth century *Itinerary* of Fynes Moryson) that the habit of nakedness was longest preserved among the upper social class women of Western Europe.

³ A. B. Ellis, *Tshi-Speaking Peoples*, p. 286.

for feminine chastity.¹ This conception probably constituted the chief and most persistent element furnished to the complex emotion of modesty by the barbarous stages of human civilization.

This economic factor necessarily involved the introduction of a new moral element into modesty. If a woman's chastity is the property of another person, it is essential that she shall be modest in order that men may not be tempted to incur the penalties involved by the infringement of property rights. Thus modesty is strictly inculcated on women in order that men may be safeguarded from temptation. The fact was overlooked that modesty is itself a temptation. Immodesty being, on this ground, disapproved by men, a new motive for modesty is furnished to women. In the book which the Knight of the Tower, Landry, wrote in the fourteenth century, for the instruction of his daughters, this factor of modesty is naïvely revealed. He tells his daughters of the trouble that David got into through the thoughtlessness of Bathsheba, and warns them that "every woman ought religiously to conceal herself when dressing and washing, and neither out of vanity nor yet to attract attention show either her hair, or her neck, or her breast, or any part which ought to be covered." Hinton went so far as to regard what he termed "body modesty," as entirely a custom imposed upon women by men with the object of preserving their own virtue. While this motive is far from being the sole source of modesty, it must certainly be borne in mind as an inevitable outcome of the economic factor of modesty.

In Europe it seems probable that the generally accepted conceptions of mediæval chivalry were not without influence in constituting the forms in which modesty shows itself among us. In the early middle ages there seems to have been a much greater degree of physical familiarity between the sexes than is commonly found among barbarians elsewhere. There was certainly considerable promiscuity in bathing and indifference to nakedness. It seems probable, as Durkheim points out,² that this

¹ Burnet, *Life and Death of Rochester*, p. 110.

² *L'Année Sociologique*, seventh year, 1904, p. 439.

state of things was modified in part by the growing force of the dictates of Christian morality, which regarded all intimate approaches between the sexes as sinful, and in part by the influence of chivalry with its æsthetic and moral ideals of women, as the representative of all the delicacies and elegancies of civilization. This ideal was regarded as incompatible with the familiarities of the existing social relationships between the sexes, and thus a separation, which at first existed only in art and literature, began by a curious reaction to exert an influence on real life.

The chief new feature—it is scarcely a new element—added to modesty when an advanced civilization slowly emerges from barbarism is the elaboration of its social ritual.¹ Civilization expands the range of modesty, and renders it, at the same time, more changeable. The French seventeenth century, and the English eighteenth, represent early stages of modern European civilization, and they both devoted special attention to the elaboration of the minute details of modesty. The frequenters of the Hotel Rambouillet, the *précieuses* satirized by Molière, were not only engaged in refining the language; they were refining feelings and ideas and enlarging the boundaries of modesty.² In England such famous and popular authors as Swift and Sterne bear witness to a new anctor of modesty in the sudden reticences, the dashes, and the asterisks, which are found throughout their works. The altogether new quality of literary prurience, of which Sterne is still the classical example, could only have arisen on the basis of the new modesty which was then overspreading society and literature. Idle people,

¹ Tallemont des Réaux, who began to write his *Historiettes* in 1657, says of the Marquise de Rambouillet: "Elle est un peu trop délicate . . . on n'oserait prononcer le mot de *cul*. Cela va dans l'excess." Half a century later, in England, Mandeville, in the Remarks appended to his *Fable of the Bees*, refers to the almost prudish modesty inculcated on children from their earliest years.

² In one of its civilized developments, this ritualized modesty becomes prudery, which is defined by Forel (*Die Sexuelle Frage*, Fifth ed., p. 125) as "codified sexual morality." Prudery is fossilized modesty, and no longer reacts vitally. True modesty, in an intelligent civilized person, is instinctively affected by motives and circumstances, responding sensitively to its relationships.

mostly, no doubt, the women in *salons* and drawing-rooms, people more familiar with books than with the realities of life, now laid down the rules of modesty, and were ever enlarging it, ever inventing new subtleties of gesture and speech, which it would be immodest to neglect, and which are ever being rendered vulgar by use and ever changing.

It was at this time, probably, that the custom of inventing an arbitrary private vocabulary of words and phrases for the purpose of disguising references to functions and parts of the body regarded as immodest and indecent, first began to become common. Such private slang, growing up independently in families, and especially among women, as well as between lovers, is now almost universal. It is not confined to any European country, and has been studied in Italy by Nieceforo (*Il Gergo*, 1897, cap. 1 and 2), who regards it as a weapon of social defence against an inquisitive or hostile environment, since it enables things to be said with a meaning which is unintelligible to all but the initiated person. While it is quite true that the custom is supported by the consciousness of its practical advantages, it has another source in a desire to avoid what is felt to be the vulgar immodesty of direct speech. This is sufficiently shown by the fact that such slang is mostly concerned with the *sacro-public* sphere. It is one of the chief contributions to the phenomena of modesty furnished by civilization. The claims of modesty having effected the clothing of the body, the impulse of modesty finds a further sphere of activity—half-playful, yet wholly imperative—in the clothing of language.

Modesty of speech has, however, a deep and primitive basis, although in modern Europe it only became conspicuous at the beginning of the eighteenth century. "All over the world," as Dufour put it, "to do is good, to say is bad." Reticences of speech are not adequately accounted for by the statement that modesty tends to irradiate from the action to the words describing the action, for there is a tendency for modesty to be more deeply rooted in the words than in the actions. "Modest women," as Kleinpaul truly remarks, "have a much greater horror of saying immodest things than of doing them; they believe that fig-leaves were especially made for the mouth." (Kleinpaul, *Sprache ohne Worte*, p. 309.) It is a tendency which is linked on to the religious and ritual feeling which we have already found to be a factor of modesty, and which, even when applied to language, appears to have an almost or quite instinctive basis, for it is found among the most primitive savages, who very frequently regard a name as too sacred or dangerous to utter. Among the tribes of Central Australia, in addition to his ordinary name, each individual has his

sacred or secret name, only known to the older and fully initiated members of his own totemic group; among the Warramunga, it is not permitted to women to utter even a man's ordinary name, though she knows it. (Spencer and Gillen, *Northern Tribes of Central Australia*, p. 581.) In the mysterious region of sex, this feeling easily takes root. In many parts of the world, men use among themselves, and women use among themselves, words and even languages which they may not use without impropriety in speaking to persons of the opposite sex, and it has been shown that exogamy, or the fact that the wife belongs to a different tribe, will not always account for this phenomenon. (Crawley, *The Mystic Rose*, p. 46.) A special vocabulary for the generative organs and functions is very widespread. Thus, in northwest Central Queensland, there is both a decent and an indecent vocabulary for the sexual parts; in Mitakoodi language, for instance, *me-ne* may be used for the vulva in the best aboriginal society, but *koon-ja* and *pukkil*, which are names for the same parts, are the most blackguardly words known to the natives. (W. Roth, *Ethnological Studies Among the Queensland Aborigines*, p. 184.) Among the Malays, *puki* is also a name for the vulva which it is very indecent to utter, and it is only used in public by people under the influence of an obsessive nervous disorder. (W. Gilman Ellis, "Latah," *Journal of Mental Science*, Jan., 1897.) The Swahili women of Africa have a private metaphorical language of their own, referring to sexual matters (Zache, *Zeitschrift für Ethnologie*, 1899, Heft 2-3, pp. 70 *et seq.*), and in Samoa, again, young girls have a euphemistic name for the penis, *auluma*, which is not that in common use (*Zeitschrift für Ethnologie*, 1899, Heft 1, p. 31); exactly the same thing is found in Europe, to-day, and is sometimes more marked among young peasant women than among those of better social class, who often avoid, under all circumstances, the necessity for using any definite name.

Singular as it may seem, the Romans, who in their literature impress us by their vigorous and naked grip of the most private facts of life, showed in familiar intercourse a dread of obscene language—a dread ultimately founded, it is evident, on religious grounds—far exceeding that which prevails among ourselves to-day in civilization "It is remarkable," Dufour observes, "that the prostitutes of ancient Rome would have blushed to say an indecent word in public. The little tender words used between lovers and their mistresses were not less correct and innocent when the mistress was a courtesan and the lover an erotic poet. He called her his rose, his queen, his goddess, his dove, his light, his star, and she replied by calling him her jewel, her honey, her bird, her ambrosia, the apple of her eye, and never with any licentious interjection, but only 'I will love!' (*Amabo*), a frequent exclamation, summing up a whole life and vocation. When inti-

mate relations began, they treated each other as 'brother' and 'sister.' These appellations were common among the humblest and the proudest courtesans alike." (Dufour, *Histoire de la Prostitution*, vol. ii, p. 78.) So excessive was the Roman horror of obscenity that even physicians were compelled to use a euphemism for *urina*, and though the *urinal* or *vas urinarium* was openly used at the dining-table (following a custom introduced by the Sybarites, according to Athenæus, Book XII, cap. 17), the decorous guest could not ask for it by name, but only by a snap of the fingers (Dufour, *op. cit.*, vol. ii, p. 174).

In modern Europe, as seems fairly evident from the early realistic dramatic literature of various countries, no special horror of speaking plainly regarding the sacro-pubic regions and their functions existed among the general population until the seventeenth century. There is, however, one marked exception. Such a feeling clearly existed as regards menstruation. It is not difficult to see why it should have begun at this function. We have here not only a function confined to one sex and, therefore, easily lending itself to a vocabulary confined to one sex; but, what is even of more importance, the belief which existed among the Romans, as elsewhere throughout the world, concerning the specially dangerous and mysterious properties of menstruation, survived throughout mediæval times. (See e.g., Ploss and Bartels, *Das Weib*, Bd. I, XIV; also Havelock Ellis, *Man and Woman*, fourth ed. Ch. XI.) The very name, *menstræ* ("monthlies"), is a euphemism, and most of the old scientific names for this function are similarly vague. As regards popular feminine terminology previous to the eighteenth century, Schurig gives us fairly ample information (*Parthenologia*, 1720, pp. 27 *et seq.*). He remarks that both in Latin and Germanic countries, menstruation was commonly designated by some term equivalent to "flowers," because, he says, it is a blossoming that indicates the possibility of fruit. German peasant women, he tells us, called it the rose-wreath (Rosenkrantz). Among the other current feminine names for menstruation which he gives, some are purely fanciful; thus, the Italian women dignified the function with the title of "marchese magnifico;" German ladies, again, would use the locution, "I have had a letter;" or would say that their cousin or aunt had arrived. These are closely similar to the euphemisms still used by women.

It should be added that euphemisms for menstruation are not confined to Europe, and are found among savages. According to Hill Tout (*Journal of the Anthropological Institute*, 1904, p. 320; and 1905, p. 137), one of these euphemisms was "putting on the moccasins," and in another branch of the same people, "putting the knees together," "going outside" (in allusion to the customary seclusion at this period in a solitary hut), and so on.

It would, however, be a mistake to suppose that this process is an intensification of modesty. It is, on the contrary, an attenuation of it. The observances of modesty become merely a part of a vast body of rules of social etiquette, though a somewhat stringent part on account of the vague sense still persisting of a deep-lying natural basis. It is a significant coincidence that the eighteenth century, which was marked by this new extension of the social ritual of modesty, also saw the first appearance of a new philosophic impulse not merely to analyze, but to dissolve the conception of modesty. This took place more especially in France.

The swift rise to supremacy, during the seventeenth century, of logical and rational methods of thinking, in conjunction with the new development of geometrical and mathematical science, led in the eighteenth century to a widespread belief in France that human customs and human society ought to be founded on a strictly logical and rational basis. It was a belief which ignored those legitimate claims of the emotional nature which the nineteenth century afterwards investigated and developed, but it was of immense service to mankind in clearing away useless prejudices and superstitions, and it culminated in the reforms of the great Revolution which most other nations have since been painfully struggling to attain. Modesty offered a tempting field for the eighteenth century philosophic spirit to explore.

The manner in which the most distinguished and adventurous minds of the century approached it, can scarcely be better illustrated than by a conversation, reported by Madame d'Epinay, which took place in 1750 at the table of Mlle. Quinault, the eminent actress. "A fine virtue," Duclos remarked, "which one fastens on in the morning with pins!" He proceeded to argue that "a moral law must hold good always and everywhere, which modesty does not." Saint-Lambert, the poet, observed that "it must be acknowledged that one can say nothing good about innocence without being a little corrupted," and Duclos added "or of modesty without being impudent." Saint-Lambert finally held forth with much poetic enthusiasm con-

cerning the desirability of consummating marriages in public.¹ This view of modesty, combined with the introduction of Greek fashions, gained ground to such an extent that towards the end of the century women, to the detriment of their health, were sometimes content to dress in transparent gauze, and even to walk abroad in the Champs Elysées without any clothing; that, however, was too much for the public.² The final outcome of the eighteenth century spirit in this direction was, as we know, by no means the dissolution of modesty. But it led to a clearer realization of what is permanent in its organic foundations and what is merely temporary in its shifting manifestations. That is a realization which is no mean task to achieve, and is difficult for many, even yet. So intelligent a traveler as Mrs. Bishop (Miss Bird), on her first visit to Japan came to the conclusion that Japanese women had no modesty, because they had no objection to being seen naked when bathing. Twenty years later she admitted to Dr. Baelz that she had made a mistake, and that "a woman may be naked and yet behave like a lady."³ In civilized countries the observances of modesty differ in different regions, and in different social classes, but, however various the forms may be, the impulse itself remains persistent.⁴

Modesty has thus come to have the force of a tradition, a vague but massive force, bearing with special power on those who cannot reason, and yet having its root in the instincts of all people of all classes.⁵ It has become mainly transformed into

¹ *Memoires de Madame d'Epinay*, Part I, Ch. V. Thirty years earlier, Mandeville had written, in England, that "the modesty of women is the result of custom and education."

² Goncourt, *Histoire de la Société Française pendant le Directoire*, p. 422. Clothes became so gauze-like, and receded to such an extent from the limbs, that for a time the chemise was discarded as an awkward and antiquated garment.

³ *Zeitschrift für Ethnologie*, 1901, Heft 2, p. 179.

⁴ In the rural districts of Hanover, Pastor Grashoff states, "even when natural necessities are performed with the greatest possible freedom, there is no offence to modesty, in rural opinion." But he makes a statement which is both contradictory and false, when he adds that "modesty is, to the country man in general, a foreign idea." (*Geschlechtlich-Sittliche Verhältnisse im Deutsche Reiche*, vol. ii, p. 45.)

⁵ It is frequently stated that prostitutes are devoid of modesty, but this is incorrect; they possess a partial and diminished modesty which, for a considerable period, still remains genuine (see e.g., Reuss, *La Prostitu-*

the allied emotion of decency, which has been described as "modesty fossilized into social customs." The emotion yields more readily than in its primitive state to any sufficiently-strong motive. Even fashion in the more civilized countries can easily inhibit anatomical modesty, and rapidly exhibit or accentuate, in turn, almost any part of the body, while the savage Indian woman of America, the barbarous woman of some Mohammedan countries, can scarcely sacrifice her modesty in the pangs of childbirth. Even when, among uncivilized races, the focus of modesty may be said to be eccentric and arbitrary, it still remains very rigid. In such savage and barbarous countries modesty possesses the strength of a genuine and irresistible instinct. In civilized countries, however, anyone who places considerations of modesty before the claims of some real human need excites ridicule and contempt.

tion, p. 58). Lombroso and Ferrero (*La Donna*, p. 540) refer to the objection of prostitutes to be examined during the monthly periods as often greater than that of respectable women. Again, Callari states ("Prostituzione in Sicilia," *Archivio di Psichiatria*, 1903, p. 205), that Sicilian prostitutes can only with difficulty be persuaded to expose themselves naked in the practice of their profession. Aretino long since remarked (in *La Pippa*) that no women so detest gratuitous *décolletage* as prostitutes. When prostitutes do not possess modesty, they frequently simulate it, and Ferriani remarks (in his *Delinquenti Minorenni*) that of ninety-seven minors (mostly females) accused of offences against public decency, seventy-five simulated a modesty which, in his opinion, they were entirely without.

III.

The Blush the Sanction of Modesty—The Phenomena of Blushing—Influences Which Modify the Aptitude to Blush—Darkness, Concealment of the Face, Etc.

It is impossible to contemplate this series of phenomena, so radically persistent whatever its changes of form, and so constant throughout every stage of civilization, without feeling that, although modesty cannot properly be called an instinct, there must be some physiological basis to support it. Undoubtedly such a basis is formed by that vasomotor mechanism of which the most obvious outward sign is, in human beings, the blush. All the allied emotional forms of fear—shame, bashfulness, timidity—are to some extent upheld by this mechanism, but such is especially the case with the emotion we are now concerned with.¹ The blush is the sanction of modesty.

* The blush is, indeed, only a part, almost, perhaps, an accidental part, of the organic turmoil with which it is associated. Partridge, who has studied the phenomena of blushing in one hundred and twenty cases (*Pedagogical Seminary*, April, 1897), finds that the following are the general symptoms: tremors near the waist, weakness in the limbs, pressure, trembling, warmth, weight or beating in the chest, warm wave from feet upward, quivering of heart, stoppage and then rapid beating of heart, coldness all over followed by heat, dizziness, tingling of toes and fingers, numbness, something rising in throat, smarting of eyes, singing in ears, prickling sensations of face, and pressure inside head. Partridge considers that the disturbance is primarily central, a change in the cerebral circulation, and that the actual redness of the surface comes late in the nerve storm, and is really but a small part of it.

¹ Melinaud ("Pourquoi Rougit-on?" *Revue des Deux Mondes*, 1 Octobre, 1893) points out that blushing is always associated with fear, and indicates, in the various conditions under which it may arise,—modesty, timidity, confusion,—that we have something to conceal which we fear may be discovered. "All the evidence," Partridge states, "seems to point to the conclusion that the mental state underlying blushing belongs to the fear family. The presence of the feeling of dread, the palpitation of the heart, the impulse to escape, to hide, the shock, all confirms this view."

There has been some discussion as to why, and indeed how far, blushing is confined to the face. Henle (*Ueber das Erröthen*) thought that we blush in the face because all nervous phenomena produced by mental states appear first in the face, owing to the anatomical arrangement of the nerves of the body. Darwin (*Expression of the Emotions*) argued that attention to a part tends to produce capillary activity in the part, and that the face has been the chief object of attention. It has also been argued, on the other hand, that the blush is the vestigial remains of a general erethism of sex, in which shame originated; that the blush was thus once more widely diffused, and is so still among the women of some lower races, its limitation to the face being due to sexual selection and the enhanced beauty thus achieved. Féré once had occasion to examine, when completely nude, a boy of thirteen whose sexual organs were deformed; when accused of masturbation he became covered by a blush which spread uniformly over his face, neck, body and limbs, before and behind, except only the hands and feet. Féré asks whether such a universal blush is more common than we imagine, or whether the state of nudity favors its manifestation. (*Comptes Rendus, Société de Biologie*, April 1, 1905.) It may be added that Partridge mentions one case in which the hands blushed.

The sexual relationships of blushing are unquestionable. It occurs chiefly in women; it attains its chief intensity at puberty and during adolescence; its most common occasion is some more or less sexual suggestion; among one hundred and sixty-two occasions of blushing enumerated by Partridge, by far the most frequent cause was teasing, usually about the other sex. "An erection," it has been said, "is a blushing of the penis." Stanley Hall seems to suggest that the sexual blush is a vicarious genital flushing of blood, diverted from the genital sphere by an inhibition of fear, just as, in girls, giggling is also very frequently a vicarious outlet of shame; the sexual blush would thus be the outcome of an ancestral sex-fear; it is as an irradiation of sexual erethism that the blush may contain an element of pleasure.¹

Bloch remarks that the blush is sexual, because reddening of the face, as well as of the genitals, is an accompaniment of sexual emotion (*Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil II, p. 39).

¹ G. Stanley Hall, "A Study of Fears," *American Journal Psychology*, 1897.

"Do you not think," a correspondent writes, "that the sexual blush, at least, really represents a vaso-relaxor effect quite the same as erection? The embarrassment which arises is due to a perception of this fact under circumstances which are felt to be unsuited for such a condition. There may arise the fear of awakening disgust by the exhibition of a state which is out of place. I have noticed that such a blush is produced when a sufficiently young and susceptible woman is pumped full of compliments. This blush seems accompanied by pleasure which does not always change to fear or disgust, but is felt to be attractive. When discomfort arises, most women say that they feel this because 'it looks as if they had no control over themselves.' When they feel that there is no need for control, they no longer feel fear, and the relaxor effect has a wider field of operation, producing a general rosiness, erection of spinal sexual organs, etc. Such a blush would thus be a partial sexual equivalent, and allow of the inhibition of other sexual effects, through the warning it gives, and the fear aroused, as well as being in itself a slight outlet of relaxor energy. When the relationships of the persons concerned allow freedom to the special sexual stimuli, as in marriage, blushing does not occur so often, and when it does it has not so often the consequent of fear."

There can be no doubt that the blush is sexually attractive. The blush is the expression of an impulse to concealment and flight, which tends automatically to arouse in the beholder the corresponding impulse of pursuit, so that the central situation of courtship is at once presented. Women are more or less conscious of this, as well as men, and this recognition is an added source of embarrassment when it cannot become a source of pleasure. The ancient use of rouge testifies to the beauty of the blush, and Darwin stated that, in Turkish slave-markets, the girls who readily blushed fetched the highest prices. To evoke a blush, even by producing embarrassment, is very commonly a cause of masculine gratification.

Savages, both men and women, blush even beneath a dusky skin (for the phenomenon of blushing among different races, see Waitz, *Anthropologie der Naturvölker*, Bd. I, pp. 149-150), and it is possible that natural selection, as well as sexual selection, has been favorable to the development of the blush. It is scarcely an accident that, as has been often observed, criminals, or the antisocial element of the community—whether by the habits of their lives or by congenital abnormality—blush less easily than normal persons. Kroner (*Das körperliche Gefühl*, 1887, p. 130) remarks: "The origin of a specific connection between shame and blushing is the work of a *social selection*. It is certainly an immediate advantage for a man not to blush; indirectly, however, it is a disadvantage, because in other ways he will be known as shameless, and on that account, as a rule, he will be shut out from

propagation. This social selection will be specially exercised on the female sex, and on this account, women blush to a greater extent, and more readily, than men.''

The importance of the blush, and the emotional confusion behind it, as the sanction of modesty is shown by the significant fact that, by lulling emotional confusion, it is possible to inhibit the sense of modesty. In other words, we are here in the presence of a fear—to a large extent a sex-fear—impelling to concealment, and dreading self-attention; this fear naturally disappears, even though its ostensible cause remains, when it becomes apparent that there is no reason for fear.

That is the reason why nakedness in itself has nothing to do with modesty or immodesty; it is the conditions under which the nakedness occurs which determine whether or not modesty will be roused. If none of the factors of modesty are violated, if no embarrassing self-attention is excited, if there is a consciousness of perfect propriety alike in the subject and in the spectator, nakedness is entirely compatible with the most scrupulous modesty. A. Duval, a pupil of Ingres, tells that a female model was once quietly posing, completely nude, at the *École des Beaux Arts*. Suddenly she screamed and ran to cover herself with her garments. She had seen a workman on the roof gazing inquisitively at her through a skylight.¹ And Paola Lombroso describes how a lady, a diplomatist's wife, who went to a gathering where she found herself the only woman in evening dress, felt, to her own surprise, such sudden shame that she could not keep back her tears.

It thus comes about that the emotion of modesty necessarily

¹ Men are also very sensitive to any such inquisitiveness on the part of the opposite sex. To this cause, perhaps, and possibly, also, to the fear of causing disgust, may be ascribed the objection of men to undress before women artists and women doctors. I am told there is often difficulty in getting men to pose nude to women artists. Sir Jonathan Hutchinson was compelled, some years ago, to exclude lady members of the medical profession from the instructive demonstrations at his museum, "on account of the unwillingness of male patients to undress before them." A similar unwillingness is not found among women patients, but it must be remembered that, while women are accustomed to men as doctors, men (in England) are not yet accustomed to women as doctors.

depends on the feelings of the people around. The absence of the emotion by no means signifies immodesty, provided that the reactions of modesty are at once set in motion under the stress of a spectator's eye that is seen to be lustful, inquisitive, or reproachful. This is proved to be the case among primitive peoples everywhere. The Japanese woman, naked as in daily life she sometimes is, remains unconcerned because she excites no disagreeable attention, but the inquisitive and unmannerly European's eye at once causes her to feel confusion. Stratz, a physician, and one, moreover, who had long lived among the Javanese who frequently go naked, found that naked Japanese women felt no embarrassment in his presence.

It is doubtless as a cloak to the blush that we must explain the curious influence of darkness in restraining the manifestations of modesty, as many lovers have discovered, and as we may notice in our cities after dark. This influence of darkness in inhibiting modesty is a very ancient observation. Burton, in the *Anatomy of Melancholy*, quotes from Dandinius the saying "*Nox facit impudentes*," directly associating this with blushing, and Bargagli, the Siennese novelist, wrote in the sixteenth century that, "it is commonly said of women, that they will do in the dark what they would not do in the light." It is true that the immodesty of a large city at night is to some extent explained by the irruption of prostitutes at that time; prostitutes, being habitually nearer to the threshold of immodesty, are more markedly affected by this influence. But it is an influence to which the most modest women are, at all events in some degree, susceptible. It has, indeed, been said that a woman is always more her real self in the dark than in the glare of daylight; this is part of what Chamberlain calls her night-inspiration.

"Traces of the night-inspiration, of the influence of the primitive fire-group, abound in woman. Indeed, it may be said (the life of Southern Europe and of American society of to-day illustrates this point abundantly) that she is, in a sense, a night-being, for the activity, physical and moral, of modern women (revealed e.g. in the dance and the nocturnal intellectualities of society) in this direction is remarkable. Perhaps we may style a good deal of her ordinary day-labor as rest, or the commonplaces and banalities of her existence, her evening and night

life being the true side of her activities" (A. F. Chamberlain, "Work and Rest," *Popular Science Monthly*, March, 1902). Giessler, who has studied the general influence of darkness on human psychic life, reaches conclusions which harmonize with these (C. M. Giessler, "Der Einfluss der Dunkelheit auf das Seelenleben des Menschen," *Vierteljahrsschrift für wissenschaftliche Philosophie*, 1904, pp. 255-279). I have not been able to see Giessler's paper, but, according to a summary of it, he comes to the result that in the dark the soul's activities are nearer to its motor pole than to its sensitive pole, and that there is a tendency for phenomena belonging to the early period of development to be prominent, motor memory functioning more than representative memory, attention more than apperception, imagination more than logical thinking, egoistic more than altruistic morals.

It is curious to note that short-sightedness, naturally, though illogically, tends to exert the same influence as darkness in this respect; I am assured by short-sighted persons of both sexes that they are much more liable to the emotions of shyness and modesty with their glasses than without them; such persons with difficulty realize that they are not so dim to others as others are to them. To be in the company of a blind person seems also to be a protection against shyness.¹ It is interesting to learn that congenitally blind children are as sensitive to appearances as normal children, and blush as readily.² This would seem to be due to the fact that the habitually blind have permanently adjusted their mental focus to that of normal persons, and react in the same manner as normal persons; blindness is not for them, as it is for the short-sighted without their glasses, a temporary and relative, almost unconscious refuge from clear vision.

It is, of course, not as the mere cloak of a possible blush that darkness gives courage; it is because it lulls detailed self-realization, such conscious self-realization being always a source

¹ "I am acquainted with the case of a shy man," writes Dr. Harry Campbell, in his interesting study of "Morbid Shyness" (*British Medical Journal*, September 26, 1896), "who will make himself quite at home in the house of a blind person, and help himself to wine with the utmost confidence, whereas if a member of the family, who can see, comes into the room, all his old shyness returns, and he wishes himself far away."

² Stanley Hall ("Showing Off and Bashfulness," *Pedagogical Seminary*, June, 1903), quotes Dr. Anagnos, of the Perkins Institute for the Blind, to this effect.

of fears, and the blush their definite symbol and visible climax. It is to the blush that we must attribute a curious complementary relationship between the face and the sacro-pubic region as centres of anatomical modesty. The women of some African tribes who go naked, Emin Bey remarked, cover the face with the hand under the influence of modesty. Martial long since observed (Lib. iii, LXVIII) that when an innocent girl looks at the penis she gazes through her fingers. Where, as among many Mohammedan peoples, the face is the chief focus of modesty, the exposure of the rest of the body, including sometimes even the sacro-pubic region, and certainly the legs and thighs, often becomes a matter of indifference.¹

This concealment of the face is more than a convention; it has a psychological basis. We may observe among ourselves the well-marked feminine tendency to hide the face in order to cloak a possible blush, and to hide the eyes as a method of lulling self-consciousness, a method fabulously attributed to the ostrich with the same end of concealment.² A woman who is shy with

¹ Thus, Sonnini, in the eighteenth century, noted that the country women in Egypt only wore a single garment, open from the armpits to the knees on each side, so that it revealed the body at every movement: "but this troubles the women little, provided the face is not exposed." (*Voyage dans la Haute et Basse Egypte*, 1779, vol. i, p. 289.) When Casanova was at Constantinople, the Comte de Bonneval, a convert to Islam, assured him that he was mistaken in trying to see a woman's face when he might easily obtain greater favors from her. "The most reserved of Turkish women," the Comte assured him, "only carries her modesty in her face, and as soon as her veil is on she is sure that she will never blush at anything." (*Mémoires*, vol. i, p. 429.)

² It is worth noting that this impulse is rooted in the natural instinctive acts and ideas of childhood. Stanley Hall, dealing with the "Early Sense of Self," in the report already mentioned, refers to the eyes as perhaps even more than the hands, feet, and mouth, "the centres of that kind of self-consciousness which is always mindful of how the self appears to others," and proceeds to mention "the very common impression of young children that if the eyes are covered or closed they cannot be seen. Some think the entire body thus vanishes from sight of others; some, that the head also ceases to be visible; and a still higher form of this curious psychosis is that, when they are closed, the soul cannot be seen." (*American Journal of Psychology*, vol. ix, No. 3 1898.) The instinctive and unreasoned character of this act is further shown by its occurrence in idiots. Næcke mentions that he once had occasion to examine the abdomen of an idiot, who, thereupon, at tempted to draw down his shirt with the left hand, while with the right he covered his eyes.

her lover will sometimes experience little or no difficulty in showing any part of her person provided she may cover her face. When, in gynæcological practice, examination of the sexual organs is necessary, women frequently find evident satisfaction in concealing the face with the hands, although not the slightest attention is being directed toward the face, and when an unsophisticated woman is betrayed into a confession which affects her modesty she is apt to turn her back to her interlocutor. "When the face of woman is covered," it has been said, "her heart is bared," and the Catholic Church has recognized this psychological truth by arranging that in the confessional the penitent's face shall not be visible. The gay and innocent freedom of southern women during Carnival is due not entirely to the permitted license of the season or the concealment of identity, but to the mask that hides the face. In England, during Queen Elizabeth's reign and at the Restoration, it was possible for respectable women to be present at the theatre, even during the performance of the most free-spoken plays, because they wore masks. The fan has often subserved a similar end.¹

All such facts serve to show that, though the forms of modesty may change, it is yet a very radical constituent of human nature in all stages of civilization, and that it is, to a large extent, maintained by the mechanism of blushing.

¹ Cf. Stanley Hall and T. Smith, "Showing Off and Bashfulness," *American Journal of Psychology*, June, 1903.

IV.

Summary of the Factors of Modesty—The Future of Modesty—Modesty an Essential Element of Love.

We have seen that the factors of modesty are numerous. To attempt to explain modesty by dismissing it as merely an example of psychic paralysis, of *Stauung*, is to elude the problem by the statement of what is little more than a truism. Modesty is a complexus of emotions with their concomitant ideas which we must unravel to comprehend.

We have found among the factors of modesty: (1) the primitive animal gesture of sexual refusal on the part of the female, when she is not at that moment of her generative life at which she desires the male's advances; (2) the fear of arousing disgust, a fear primarily due to the close proximity of the sexual centre to the points of exit of those excretions which are useless and unpleasant, even in many cases to animals; (3) the fear of the magic influence of sexual phenomena, and the ceremonial and ritual practices primarily based on this fear, and ultimately passing into simple rules of decorum which are signs and guardians of modesty; (4) the development of ornament and clothing, concomitantly fostering alike the modesty which represses male sexual desire and the coquetry which seeks to allure it; (5) the conception of women as property, imparting a new and powerful sanction to an emotion already based on more natural and primitive facts.

It must always be remembered that these factors do not usually occur separately. Very often they are all of them implied in a single impulse of modesty. We unravel the cord in order to investigate its construction, but in real life the strands are more or less indistinguishably twisted together.

It may still be asked finally whether, on the whole, modesty really becomes a more prominent emotion as civilization advances. I do not think this position can be maintained. It is a great mistake, as we have seen, to suppose that in becoming extended

modesty also becomes intensified. On the contrary, this very extension is a sign of weakness. Among savages, modesty is far more radical and invincible than among the civilized. Of the Araucanian women of Chile, Treutler has remarked that they are distinctly more modest than the Christian white population, and such observations might be indefinitely extended. It is, as we have already noted, in a new and crude civilization, eager to mark its separation from a barbarism it has yet scarcely escaped, that we find an extravagant and fantastic anxiety to extend the limits of modesty in life, and art, and literature. In older and more mature civilizations—in classical antiquity, in old Japan, in France—modesty, while still a very real influence, becomes a much less predominant and all-pervading influence. In life it becomes subservient to human use, in art to beauty, in literature to expression.

Among ourselves we may note that modesty is a much more invincible motive among the lower social classes than among the more cultivated classes. This is so even when we should expect the influence of occupation to induce familiarity. Thus I have been told of a ballet-girl who thinks it immodest to bathe in the fashion customary at the sea-side, and cannot make up her mind to do so, but she appears on the stage every night in tights as a matter of course; while Fanny Kemble, in her *Reminiscences*, tells of an actress, accustomed to appear in tights, who died a martyr to modesty rather than allow a surgeon to see her inflamed knee. Modesty is, indeed, a part of self-respect, but in the fully-developed human being self-respect itself holds in check any excessive modesty.¹

We must remember, moreover, that there are more definite grounds for the subordination of modesty with the development

¹ Freud remarks that one may often hear, concerning elderly ladies, that in their youth in the country, they suffered, almost to collapse, from hæmorrhages from the genital passage, because they were too modest to seek medical advice and examination; he adds that it is extremely rare to find such an attitude among our young women to-day. (S. Freud, *Zur Neurosenlehre*, 1906, p. 182.) It would be easy to find evidence of the disappearance of misplaced signs of modesty formerly prevalent, although this mark of increasing civilization has not always penetrated to our laws and regulations.

of civilization. We have seen that the factors of modesty are many, and that most of them are based on emotions which make little urgent appeal save to races in a savage or barbarous condition. Thus, disgust, as Richet has truly pointed out, necessarily decreases as knowledge increases.¹ As we analyze and understand our experiences better, so they cause us less disgust. A rotten egg is disgusting, but the chemist feels no disgust toward sulphuretted hydrogen; while a solution of propylamin does not produce the disgusting impression of that human physical uncleanness of which it is an odorous constituent. As disgust becomes analyzed, and as self-respect tends to increased physical purity, so the factor of disgust in modesty is minimized. The factor of ceremonial uncleanness, again, which plays so urgent a part in modesty at certain stages of culture, is to-day without influence except in so far as it survives in etiquette. In the same way the social-economic factor of modesty, based on the conception of women as property, belongs to a stage of human development which is wholly alien to an advanced civilization. Even the most fundamental impulse of all, the gesture of sexual refusal, is normally only imperative among animals and savages. Thus civilization tends to subordinate, if not to minimize, modesty, to render it a grace of life rather than a fundamental social law of life. But an essential grace of life it still remains, and whatever delicate variations it may assume we can scarcely conceive of its disappearance.

In the art of love, however, it is more than a grace; it must always be fundamental. Modesty is not indeed the last word of love, but it is the necessary foundation for all love's most exquisite audacities, the foundation which alone gives worth and sweetness to what Senancour calls its "delicious impudence."² Without modesty we could not have, nor rightly value at its true worth, that bold and pure candor which is at once the final revelation of love and the seal of its sincerity.

¹ "Disgust," he remarks, "is a sort of synthesis which attaches to the total form of objects, and which must diminish and disappear as scientific analysis separates into parts what, as a whole, is so repugnant."

² Senancour, *De l'Amour*, 1834, vol. i, p. 316. He remarks that a useless and false reserve is due to stupidity rather than to modesty.

Even Hohenemser—who argues that for the perfect man there could be no shame, because shame rests on an inner conflict in one's own personality, and "the perfect man knows no inner conflict"—believes that, since humanity is imperfect, modesty possesses a high and, indeed, symptomatic value, for "its presence shows that according to the measure of a man's ideal personality, his valuations are established."

Dugas goes further, and asserts that the ideals of modesty develop with human development, and forever take on new and finer forms. "There is," he declares, "a very close relationship between naturalness, or sincerity, and modesty, for in love, naturalness is the ideal attained, and modesty is only the fear of coming short of that ideal. Naturalness is the sign and the test of perfect love. It is the sign of it, for, when love can show itself natural and true, one may conclude that it is purified of its unavowable imperfections or defects, of its alloy of wretched and petty passions, its grossness, its chimerical notions, that it has become strong and healthy and vigorous. It is the ordeal of it, for to show itself natural, to be always true, without shrinking, it must have all the lovable qualities, and have them without seeking, as a second nature. What we call 'natural,' is indeed really acquired; it is the gift of a physical and moral evolution which it is precisely the object of modesty to keep. Modesty is the feeling of the true, that is to say, of the healthy, in love; it long exists as a vision, not yet attained; vague, yet sufficiently clear for all that deviates from it to be repelled as offensive and painful. At first, a remote and seemingly inaccessible ideal, as it comes nearer it grows human and individual, and emerges from the region of dream, ceasing not to be loved as ideal, even when it is possessed as real.

"At first sight, it seems paradoxical to define modesty as an aspiration towards truth in love; it seems, on the contrary, to be an altogether factitious feeling. But to simplify the problem, we have to suppose modesty reduced to its normal functions, disengaged from its superstitions, its variegated customs and prejudices, the true modesty of simple and healthy natures, as far removed from prudery as from immodesty. And what we term the natural, or the true in love, is the singular mingling of two forms of imaginations, wrongly supposed to be incompatible: ideal aspiration and the sense for the realities of life. Thus defined, modesty not only repudiates that cold and dissolving criticism which deprives love of all poetry, and prepares the way for a brutal realism; it also excludes that light and detached imagination which floats above love, the mere idealism of heroic sentiments, which cherishes poetic illusions, and passes, without seeing it, the love that is real and alive. True modesty implies a love not addressed to the heroes of vain romances, but to living people, with their feet on the earth. But on the other hand, modesty is the respect

of love; if it is not shocked by its physical necessities, if it accepts physiological and psychological conditions, it also maintains the ideal of those moral proprieties outside of which, for all of us, love cannot be enjoyed. When love is really felt, and not vainly imagined, modesty is the requirement of an ideal of dignity, conceived as the very condition of that love. Separate modesty from love, that is, from love which is not floating in the air, but crystallized around a real person, and its psychological reality, its poignant and tragic character, disappears." (Dugas, "La Pudeur," *Revue Philosophique*, Nov., 1903.) So conceived, modesty becomes a virtue, almost identical with the Roman *modestia*.

THE PHENOMENA OF SEXUAL PERIODICITY.

I.

The Various Physiological and Psychological Rhythms—Menstruation—The Alleged Influence of the Moon—Frequent Suppression of Menstruation among Primitive Races—Mittelschmerz—Possible Tendency to a Future Intermenstrual Cycle—Menstruation among Animals—Menstruating Monkeys and Apes—What is Menstruation—Its Primary Cause Still Obscure—The Relation of Menstruation to Ovulation—The Occasional Absence of Menstruation in Health—The Relation of Menstruation to "Heat"—The Prohibition of Intercourse during Menstruation—The Predominance of Sexual Excitement at and around the Menstrual Period—Its Absence during the Period Frequently Apparent only.

THROUGHOUT the vegetable and animal worlds the sexual functions are periodic. From the usually annual period of flowering in plants, with its play of sperm-cell and germ-cell and consequent seed-production, through the varying sexual energies of animals, up to the monthly effervescence of the generative organism in woman, seeking not without the shedding of blood for the gratification of its reproductive function, from first to last we find unfailing evidence of the periodicity of sex. At first the sun, and then, as some have thought, the moon, have marked throughout a rhythmic impress on the phenomena of sex. To understand these phenomena we have not only to recognize the bare existence of that periodic fact, but to realize its implications.

Rhythm, it is scarcely necessary to remark, is far from characterizing sexual activity alone. It is the character of all biological activity, alike on the physical and the psychic sides. All the organs of the body appear to be in a perpetual process of rhythmic contraction and expansion. The heart is rhythmic, so is the respiration. The spleen is rhythmic, so also the bladder. The uterus constantly undergoes regular rhythmic contractions at brief intervals. The vascular system, down to the smallest capillaries, is acted on by three series of vibrations, and every

separate fragment of muscular tissue possesses rhythmic contractility. Growth itself is rhythmic, and, as Malling-Hansen and subsequent observers have found, follows a regular annual course as well as a larger cycle. On the psychic sides attention is rhythmic. We are always irresistibly compelled to impart a rhythm to every succession of sounds, however uniform and monotonous. A familiar example of this is the rhythm we can seldom refrain from hearing in the puffing of an engine. A series of experiments, by Bolton, on thirty subjects showed that the clicks of an electric telephone connected in an induction-apparatus nearly always fell into rhythmic groups, usually of two or four, rarely of three or five, the rhythmic perception being accompanied by a strong impulse to make corresponding muscular movements.¹

It is, however, with the influence—to some extent real, to some extent, perhaps, only apparent—of cosmic rhythm that we are here concerned. The general tendency, physical and psychic, of nervous action to fall into rhythm is merely interesting from the present point of view as showing a biological predisposition to accept any periodicity that is habitually imposed upon the organism.² Menstruation has always been associated with the lunar revolutions.³ Darwin, without specifically mentioning menstruation, has suggested that the explanation of the allied cycle of gestation in mammals, as well as incubation in birds, may be found in the condition under which ascidians live at high and low water in consequence of the phenomena of tidal change.⁴ It must, however, be remembered that the ascidian

¹ Thaddeus L. Bolton, "Rhythm," *American Journal of Psychology*, January, 1894.

² It is scarcely necessary to warn the reader that this statement does not prejudge the question of the inheritance of acquired characters, although it fits in with Semon's Mnemic theory. We can, however, very well suppose that the organism became adjusted to the rhythms of its environment by a series of congenital variations. Or it might be held, on the basis of Weismann's doctrine, that the germ-plasm has been directly modified by the environment.

³ Thus, the Papuans, in some districts, believe that the first menstruation is due to an actual connection, during sleep, with the moon in the shape of a man, the girl dreaming that a real man is embracing her. (*Reports Cambridge Expedition to Torres Straits*, vol. v, p. 206.)

⁴ Darwin, *Descent of Man*, p. 164.

origin of the vertebrates has since been contested from many sides, and, even if we admit that at all events some such allied conditions in the early history of vertebrates and their ancestors tended to impress a lunar cycle on the race, it must still be remembered that the monthly periodicity of menstruation only becomes well marked in the human species.¹ Bearing in mind the influence exerted on both the habits and the emotions even of animals by the brightness of moonlight nights, it is perhaps not extravagant to suppose that, on organisms already ancestrally predisposed to the influence of rhythm in general and of cosmic rhythm in particular, the periodically recurring full moon, not merely by its stimulation of the nervous system, but possibly by the special opportunities which it gave for the exercise of the sexual functions, served to implant a lunar rhythm on menstruation. How important such a factor may be we have evidence in the fact that the daily life of even the most civilized peoples is still regulated by a weekly cycle which is apparently a segment of the cosmic lunar cycle.

Mantegazza has suggested that the sexual period became established with relation to the lunar period because moonlight nights were favorable to courting,² and Nelson remarks that in his experience young and robust persons are subject to recurrent periods of wakefulness at night which they attribute to the action of the full moon. One may perhaps refer also to the tendency of bright moonlight to stir the emotions of the young,

¹ While in the majority of women the menstrual cycle is regular for the individual, and corresponds to the lunar month of 28 days, it must be added that in a considerable minority it is rather longer, or, more usually, shorter than this, and in many individuals is not constant. Osterloh found a regular type of menstruation in 68 per cent. healthy women, four weeks being the most usual length of the cycle; in 21 per cent. the cycle was always irregular. See Nägele, "Die Menstruation und ihr Einfluss bei chronischen Psychosen," *Archiv für Psychiatrie*, 1896, Bd. 28, Heft 1.

² Among the Duala and allied negro peoples of Bantu stock dances of markedly erotic character take place at full moon. Gason describes the dances and sexual festivals of the South Australian blacks, generally followed by promiscuous intercourse, as taking place at full moon (*Journal of the Anthropological Institute*, November, 1894, p. 174.) In all parts of the world, indeed, including Christendom, festivals are frequently regulated by the phases of the moon.

especially at puberty, a tendency which in neurotic persons may become almost morbid.¹

It is interesting to point out that, the farther back we are able to trace the beginnings of culture, the more important we find the part played by the moon. Next to the alteration of day and night, the moon's changes are the most conspicuous and startling phenomena of Nature; they first suggest a basis for reckoning time; they are of the greatest use in primitive agriculture; and everywhere the moon is held to have vast influence on the whole of organic life. Hahn has suggested that the reason why mythological systems do not usually present the moon in the supreme position which we should expect, is that its immense importance is so ancient a fact that it tends, with mythological development, to become overlaid by other elements.² According to Seler, Quetzalcoatl and Tezcatlipoca, the two most considerable figures in the Mexican pantheon, are to be regarded mainly as complementary forms of the moon divinity, and the moon was the chief Mexican measurer of time.³ Even in Babylonia, where the sun was most specially revered, at the earliest period the moon ranked higher, being gradually superseded by the worship of the sun.⁴ Although such considerations as these will by no means take us as far back as the earliest appearance of menstruation, they may serve to indicate that the phases of the moon probably played a large part in the earliest evolution of man. With that statement we must at present rest content.

It is possible that the monthly character of menstruation, while representing a general tendency of the human race, always and everywhere prevalent, may be modified in the future. It is

¹ It has often been held that the course of insanity is influenced by the moon. Of comparatively recent years, this thesis has been maintained by Koster (*Ueber die Gesetze des periodischen Irreseins und verwandter Nervenzustände*, Bonn, 1882), who argues in detail that periodic insanity tends to fall into periods of seven days or multiples of seven.

² Ed. Hahn, *Demeter und Baubo*, p. 23.

³ E. Seler, *Zeitschrift für Ethnologie*, 1907, Heft 1, p. 39. And as regards the primitive importance of the moon, see also Frazer, *Adonis, Attis, Osiris*, Ch. VIII.

⁴ Jastrow, *Religion of Babylonia*, 1898, pp. 68, 75-79, 461.

a noteworthy fact that among many primitive races menstruation only occurs at long intervals. Thus among Eskimo women menstruation follows the peculiar cosmic conditions to which the people are subjected; Cook, the ethnologist of the Peary North Greenland expedition, found that menstruation only began after the age of nineteen, and that it was usually suppressed during the winter months, when there is no sun, only about one in ten women continuing to menstruate during this period.¹ It was stated by Velpeau that Lapland and Greenland women usually only menstruate every three months, or even only two or three times during the year. On the Faroe Islands it is said that menstruation is frequently absent. Among the Samoyeds, Mantegazza mentions that menstruation is so slight that some travelers have denied its existence. Azara noted among the Guaranis of Paraguay that menstruation was not only slight in amount, but the periods were separated by long intervals. Among the Indians in North America, again, menstruation appears to be scanty. Thus, Holder, speaking of his experience with the Crow Indians of Montana, says: "I am quite sure that full-blood Indians in this latitude do not menstruate so freely as white women, not usually exceeding three days."² Among the naked women of Tierra del Fuego, it is said that there is often no physical sign of the menses for six months at a time. These observations are noteworthy, though they clearly indicate, on the whole, that primitiveness in race is a very powerless factor without a cold climate. On the other hand, again, there is some reason to suppose that in Europe there is a latent tendency in some women for the menstrual cycle to split up further into two cycles, by the appearance of a latent minor climax in the middle of the monthly interval. I allude to the phenomenon usually called *Mittelschmerz*, middle period, or intermenstrual pain.

¹ Even in England, Barnes has known women of feeble sexual constitution who menstruated only in summer (R. Barnes, *Diseases of Women*, 1878, p. 192).

² A. B. Holder, "Gynecic Notes among American Indians," *American Journal of Obstetrics*, No. 6, 1892.

Since the investigations of Goodman, Stephenson, Van Ott, Reinl, Jacobi, and others, it has been generally recognized that menstruation is a continuous process, the flow being merely the climax of a menstrual cycle, a physiological wave which is in constant flux or reflux. This cycle manifests itself in all a woman's activities, in metabolism, respiration, temperature, etc., as well as on the nervous and psychic side. The healthier the woman is, the less conscious is the cyclic return of her life, but the cycle may be traced (as Hegar has found) even before puberty takes place, while Salerni has found that even in amenorrhœa the menstrual cycle still manifests itself in the temperature and respiration. (*Rivista Sperimentale di Freniatria*, XXX, fasc. 2-3.)

For a summary of the phenomena of the menstrual cycle, see Havelock Ellis, *Man and Woman*, fourth ed., revised and enlarged, Ch. XI; "The Functional Periodicity of Women." Cf. Keller, *Archives Générales de Médecine*, May, 1897; Hegar, *Allgemeine Zeitschrift für Psychiatrie*, 1901, Heft 2 and 3; Helen MacMurchy, *Lancet*, Oct. 5, 1901; A. B. Giles, *Transactions Obstetrical Society London*, vol. xxxix, p. 115, etc.

Mittelschmerz is a condition of pain occurring about the middle of the intermenstrual period, either alone or accompanied by a slight sanguineous discharge, or, more frequently, a non-sanguineous discharge. (In a case described by Van Voornveld, the manifestation was confined to a regularly occurring rise of temperature.) The phenomenon varies, but seems usually to occur about the fourteenth day, and to last two or three days. Laycock, in 1840 (*Nervous Diseases of Women*, p. 46), gave instances of women with an intermenstrual period. Depaul and Guéniot (*Dictionnaire Encyclopédique des Sciences Médicales*, Art., "Menstruation," p. 694) speak of intermenstrual symptoms, and even actual flow, as occurring in women who are in a perfect state of health, and constituting genuine "*règles surnuméraires*." The condition is, however, said to have been first fully described by Valleix; then, in 1872, by Sir William Priestley; and subsequently by Fehling, Fasbender, Sorel, Halliday Croom, Findley, Addinsell, and others. (See, for instance, "*Mittelschmerz*," by J. Halliday Croom, *Transactions of Edinburgh Obstetrical Society*, vol. xxi, 1896. Also, Krieger, *Menstruation*, pp. 68-69.) Fliess (*Die Beziehungen zwischen Nase und weiblichen Geschlechts-Organen*, p. 118) goes so far as to assert that an intermenstrual period of menstrual symptoms—which he terms *Nebenmenstruation*—is "a phenomenon well known to most healthy women." Observations are at present too few to allow any definite conclusions, and in some of the cases so far recorded a pathological condition of the sexual organs has been found to exist. Rosner, of Cracow, however, found that only in one case out of twelve was there any disease present (*La Gynécologie*, June, 1905), and Storer, who has met with twenty

cases, insists on the remarkable and definite regularity of the manifestations, wholly unlike those of neuralgia (*Boston Medical and Surgical Journal*, April 19, 1900). There is no agreement as to the cause of *Mittelschmerz*. Addinsell attributed it to disease of the Fallopian tubes. This, however, is denied by such competent authorities as Cullingworth and Bland Sutton. Others, like Priestley, and subsequently Marsh (*American Journal of Obstetrics*, July, 1897), have sought to find the explanation in the occurrence of ovulation. This theory is, however, unsupported by facts, and eventually rests on the exploded belief that ovulation is the cause of menstruation. Rosner, following Richelet, vaguely attributes it to the diffused hyperæmia which is generally present. Van de Velde also attributes it to an abnormal fall of vascular tone, causing passive congestion of the pelvic viscera. Others again, like Armand Routh and MacLean, in the course of an interesting discussion on *Mittelschmerz* at the Obstetric Society of London, on the second day of March, 1898, believe that we may trace here a double menstruation, and would explain the phenomenon by assuming that in certain cases there is an intermenstrual as well as a menstrual cycle. The question is not yet ripe for settlement, though it is fully evident that, looking broadly at the phenomena of rut and menstruation, the main basis of their increasing frequency as we rise toward civilized man is increase of nutrition, heat and sunlight being factors of nutrition. When dealing with civilized man, however, we are probably concerned not merely with general nutrition, but with the nervous direction of that nutrition.

At this stage it is natural to inquire what the corresponding phenomena are among animals. Unfortunately, imperfect as is our comprehension of the human phenomena, our knowledge of the corresponding phenomena among animals is much more fragmentary and incomplete. Among most animals menstruation does not exist, being replaced by what is known as heat, or œstrus, which usually occurs once or twice a year, in spring and in autumn, sometimes affecting the male as well as the female.¹ There is, however, a great deal of progression in the upward march of the phenomena, as we approach our own and

¹ In the male, the phenomenon is termed rut, and is most familiar in the stag. I quote from Marshall and Jolly some remarks on the infrequency of rut: "The male wild Cat," Mr. Cocks informs us, (like the stag), 'has a rutting season, calls loudly, almost day and night, making far more noise than the female.' This information is of interest, inasmuch as the males of most carnivores, although they undoubtedly show signs of increased sexual activity at some times more than at others, are not known to have anything of the nature of a

allied zoölogical series. Heat in domesticated cows usually occurs every three weeks. The female hippopotamus in the Zoölogical Gardens has been observed to exhibit monthly sexual excitement, with swelling and secretion from the vulva. Progression is not only toward greater frequency with higher evolution or with increased domestication, but there is also a change in the character of the flow. As Wiltshire,¹ in his remarkable lectures on the "Comparative Physiology of Menstruation," asserted as a law, the more highly evolved the animal, the more sanguineous the catamenial flow.

It is not until we reach the monkeys that this character of the flow becomes well marked. Monthly sanguineous discharges have been observed among many monkeys. In the seventeenth century various observers in many parts of the world—Bohnius, Peyer, Helbigius, Van der Wiel, and others—noted menstruation in monkeys.² Buffon observed it among various monkeys as well as in the orang-utan. J. G. St. Hilaire and Cuvier, many years ago, declared that menstruation exists among a variety of monkeys and lower apes. Rengger described a vaginal discharge in a species of cecus in Paraguay, while Raciborski observed in the Jardin des Plantes that the menstrual hæmorrhage in guenons was so abundant that the floor of the cage was covered by it to a considerable extent; the same variety of monkey was observed at Surinam, by Hill, a surgeon in the Dutch army, who noted an abundant sanguineous flow occurring at every new moon, and lasting about three days, the animal at this time also showing signs of sexual excitement.³

regularly recurrent rutting season. Nothing of the kind is known in the Dog, nor, so far as we are aware, in the males of the domestic Cat, or the Ferret, all of which seem to be capable of copulation at any time of the year. On the other hand, the males of Seals appear to have a rutting season at the same time as the sexual season of the female." (Marshall and Jolly, "Contributions to the Physiology of Mammalian Reproduction," *Philosophical Transactions*, 1905, B, 198.)

¹ A. Wiltshire, *British Medical Journal*, March, 1883. The best account of heat known to me is contained in Ellenberger's *Vergleichende Physiologie der Haussäugethiere*, 1892, Band 4, Theil 2, pp. 276-284.

² Schurig (*Parthenologia*, 1729, p. 125), gives numerous references and quotations.

³ Quoted by Icard, *La Femme*, etc., p. 62.

The macaque and the baboon appear to be the non-human animals, in which menstruation has been most carefully observed. In the former, besides the flow, Bland Sutton remarks that "all the naked or pale-colored parts of the body, such as the face, neck, and ischial regions, assume a lively pink color; in some cases, it is a vivid red."¹ The flow is slight, but the coloring lasts several days, and in warm weather the labia are much swollen.

Heape² has most fully and carefully described menstruation in monkeys. He found at Calcutta that the *Macacus cynomolgus* menstruated regularly on the 20th of December, 20th of January, and about the 20th of February. The *Cynocephalus porcaria* and the *Semnopithecus entellus* both menstruated each month for about four days. In the *Macaci rhesus* and *cynomolgus* at menstruation "the nipples and vulva become swollen and deeply congested, and the skin of the buttocks swollen, tense, and of a brilliant-red or even purple color. The abdominal wall also, for a short space upward, and the inside of the thighs, sometimes as far down as the heel, and the under surface of the tail for half its length or more, are all colored a vivid red, while the skin of the face, especially about the eyes, is flushed or blotched with red." In late gestation the coloring is still more vivid. Something similar is to be seen in the males also.

Distant, who kept a female baboon for some time, has recorded the dates of menstruation during a year. He found that nine periods occurred during the year. The average length between the periods was nearly six weeks, but they occurred more frequently in the late autumn and the winter than in the summer.³

It is an interesting fact, Heape noted, that, notwithstanding menstruation, the seasonal influence, or rut, still persisted in the monkeys he investigated.

¹ Bland Sutton, *Surgical Diseases of the Ovaries, and British Gynecological Journal*, vol. ii.

² W. Heape, "The Menstruation of *Semnopithecus Entellus*," *Philosophical Transactions*, 1894; "Menstruation and Ovulation of *Macacus Rhesus*," *Philosophical Transactions*, 1897.

³ W. L. Distant, "Notes on the Chacma Baboon," *Zoologist*, January. 1897, p. 29.

In the anthropoid apes, Hartmann remarks that several observers have recorded periodic menstruation in the chimpanzees, with flushing and enlargement of the external parts, and protrusion of the external lips, which are not usually visible, while there is often excessive enlargement and reddening of these parts and of the posterior callosities during sexual excitement. Very little, however, appears to be definitely known regarding any form of menstruation in the higher apes. M. Deniker, who has made a special study of the anthropoid apes, informs me that he has so far been unable to make definite observations regarding the existence of menstruation. Moll remarks that he received information regarding such a phenomenon in the orang-utan. A pair of orang-utans was kept in the Berlin Zoölogical Gardens some years ago, and the female was stated to have at intervals a menstrual flow resembling that of women, and during this period to refrain from sexual congress, which was otherwise usually exercised at regular intervals, at least every two or three days; Moll adds, however, that, while his informant is a reliable man, the length of time that has elapsed may have led him to make mistakes in details. Keith, in a paper read before the Zoölogical Society of London, has described menstruation in a chimpanzee: it occurred every twenty-third or twenty-fourth day, and lasted for three days; the discharge was profuse, and first appeared in about the ninth or tenth year.¹

What is menstruation? It is easy to describe it, by its obvious symptoms, as a monthly discharge of blood from the uterus, but nearly as much as that was known in the infancy of the world. When we seek to probe more intimately into the nature of menstruation we are still baffled, not merely as regards its cause, but even as regards its precise mechanism. "The primary cause of menstruation remains unexplained"; "the cause of menstruation remains as obscure as ever"; so conclude two of the most thorough and cautious investigators into this subject.² It is, however, widely accepted that the main cause of

¹ *Nature*, March 23, 1899.

² W. Heape, "The Menstruation of *Gemnopithecus Entellus*," *Philosophical Transactions*, 1894, p. 483; Bland Sutton, *Surgical Diseases of the Ovaries*, 1896.

menstruation is a rhythmic contraction of the uterus,—the result of a disappointed preparation for impregnation,—a kind of miniature childbirth. This seems to be the most reasonable view of menstruation; i.e., as an abortion of a decidua. Burdach (according to Beard) was the first who described menstruation as an abortive parturition. "The hypothesis," Marshall and Jolly conclude, "that the entire pro-œstrous process is of the nature of a preparation for the lodgment of the ovum is in accordance with the facts."¹ Fortunately, since we are here primarily concerned with its psychological aspects, the precise biological cause and physiological nature of menstruation do not greatly concern us.

There is, however, one point which of late years has been definitely determined, and which should not be passed without mention: the relation of menstruation to ovulation. It was once supposed that the maturation of an ovule in the ovaries was the necessary accompaniment, and even cause, of menstruation. We now know that ovulation proceeds throughout the whole of life, even before birth, and during gestation,² and that removal of the ovaries by no means necessarily involves a cessation of menstruation. It has been shown that regular and even excessive menstruation may take place in the congenital absence of a trace of ovaries or Fallopian tubes.³ On the other hand, a rudimentary state of the uterus, and a complete absence of menstruation, may exist with well-developed ovaries and

¹ T. Bryce and J. Teacher (*Contributions to the Study of the Early Development of the Human Ovum*, 1908), putting the matter somewhat differently, regard menstruation as a cyclical process, providing for the maintenance of the endometrium in a suitable condition of immaturity for the production of the decidua of pregnancy, which they believe may take place at any time of the month, though most favorably shortly before or after a menstrual period which has been accompanied by ovulation.

² Robinson, *American Gynecological and Obstetrical Journal*, August, 1905.

³ Bossi, *Annali di Ostetrica e Ginecologia*, September, 1896; summarized in the *British Medical Journal*, October 31, 1896. As regards the more normal influence of the ovaries over the uterus, see e.g. Carmichael and F. H. A. Marshall, "Correlation of the Ovarian and Uterine Functions," *Proceedings Royal Society*, vol. 79, Series B, 1907.

normal ovulation.¹ We must regard the uterus as to some extent an independent organ, and menstruation as a process which arose, no doubt, with the object, teleologically speaking, of co-operating more effectively with ovulation, but has become largely independent.²

It is sometimes stated that menstruation may be entirely absent in perfect health. Few cases of this condition have, however, been recorded with the detail necessary to prove the assertion. One such case was investigated by Dr. H. W. Mitchell, and described in a paper read to the New York County Medical Society, February 22, 1892 (to be found in *Medical Reprints*, June, 1892). The subject was a young, unmarried woman, 24 years of age. She was born in Ireland, and, until her emigration, lived quietly at home with her parents. Being then twenty years of age, she left home and came to New York. Up to that time no signs of menstruation had appeared, and she had never heard that such a function existed. Soon after her arrival in New York, she obtained a situation as a waiting-maid, and it was noticed, after a time, that she was not unwell at each month. Friends filled her ears with wild stories about the dreadful effects likely to follow the absence of menstruation. This worried her greatly, and as a consequence she became pale and anæmic, with loss of flesh, appetite, and sleep, and a long train of imaginary nervous symptoms. She presented herself for treatment, and insisted upon a uterine examination. This revealed no

¹ Buntner, *Centralblatt für Gynäkologie*, No. 49, 1893; summarized in *British Medical Journal*, December, 1893. Many cases show that pregnancy may occur in the absence of menstruation. See, e.g., *Nouvelles Archives d'Obstétrique et de Gynécologie*, 25 Janvier, 1894, supplément, p. 9.

² It is still possible, and even probable, that the primordial cause of both phenomena is the same. Heape (*Transactions Obstetrical Society of London*, 1898, vol. xl, p. 161) argues that both menstruation and ovulation are closely connected with and influenced by congestion, and that in the primitive condition they are largely due to the same cause. This primary cause he is inclined to regard as a ferment, due to a change in the constitution of the blood brought about by climatic influences and food, which he proposes to call gonadin. (W. Heape, *Proceedings of Royal Society*, 1905, vol. B. 76, p. 266.) Marshall, who has found that in the ferret and other animals, ovulation may be dependent upon copulation, also considers that ovulation and menstruation, though connected and able to react on each other, may both be dependent upon a common cause; he finds that in bitches and rats heat can be produced by injection of extract from ovaries in the oestrous state (F. H. A. Marshall, *Philosophical Transactions*, 1903, vol. B. 196; also Marshall and Jolly, *id.*, 1905, B. 198). Cf. C. J. Bond, "An Inquiry Into Some Points in Uterine and Ovarian Physiology and Pathology in Rabbits," *British Medical Journal*, July 21, 1906.

pathological condition of her uterus. She was assured that she would not die, or become insane, nor a chronic invalid. In consequence she soon forgot that she differed in any way from other girls. A course of chalybeate tonics, generous diet, and proper care of her general health, soon restored her to her normal condition. After close observation for several years, she submitted to a thorough examination, although entirely free from any abnormal symptoms. The examination revealed the following physical condition: Weight, 105 pounds (her weight before leaving Ireland was 130); girth of chest, twenty-nine and a half inches; girth of abdomen, twenty-five inches; girth of pelvis, thirty-four and a half inches; girth of thigh, upper third, twenty inches; heart healthy, sounds and rhythm perfectly normal; pulse, 76; lungs healthy; respiratory murmur clear and distinct over every part; respiration, easy and twenty per minute; the mammæ are well developed, firm, and round; nipples, small, no areola; her skin is soft, smooth, and healthy; figure erect, plump, and symmetrical; her bowels are regular; kidneys, healthy. She has a good appetite, sleeps well, and in no particular shows any sign of ill health. The uterine examination reveals a short vagina, and a small, round cervix uteri, rather less in size than the average, and projecting very slightly into the vaginal canal. Depth of uterus from os to fundus, two and a quarter inches, is very nearly normal. No external sign of abnormal ovaries. She is a well-developed, healthy young woman, performing all her physiological functions naturally and regularly, except the single function of menstruation. No vicarious menstruation takes the place of the natural function, though she has been watched very closely during the past two years, nor the least periodical excitement. It is added that, though the clitoris is normal, the mons veneris is almost destitute of hair, and the labia rather undeveloped, while, "as far as is known," sexual instincts and desire are entirely absent. These latter facts, I may add, would seem to suggest that, in spite of the health of the subject, there is yet some concealed lack of development of the sexual system, of congenital character. In a case recorded by Plant (*Centralblatt für Gynäkologie*, No. 9, 1896, summarized in the *British Medical Journal*, April 4, 1896), in which the internal sexual organs were almost wholly undeveloped, and menstruation absent, the labia were similarly undeveloped, and the pubic hair scanty, while the axillary hair was wholly absent, though that of the head was long and strong.

We may now regard as purely academic the discussion formerly carried on as to whether menstruation is to be regarded as analogous to heat in female animals. For many centuries at least the resemblance has been sufficiently obvious. Raciborski

and Pouchet, who first established the regular periodicity of ovulation in mammals, identified heat and menstruation.¹ During the past century there was, notwithstanding, an occasional tendency to deny any real connection. No satisfactory grounds for this denial have, however, been brought forward. Lawson Tait, indeed, and more recently Beard, have stated that menstruation cannot be the period of heat, because women have a disinclination to the approach of the male at that time.² But, as we shall see later, this statement is unfounded. An argument which might, indeed, be brought forward is the very remarkable fact that, while in animals the period of heat is the only period for sexual intercourse, among all human races, from the very lowest, the period of menstruation is the one period during which sexual intercourse is strictly prohibited, sometimes under severe penalties, even life itself. This, however, is a social, not a physiological, fact.

Plass and Bartels call attention to the curious contrast, in this respect, between heat and menstruation. The same authors also mention that in the Middle Ages, however, preachers found it necessary to warn their hearers against the sin of intercourse during the menstrual period. It may be added that Aquinas and many other early theologians held, not only that such intercourse was a deadly sin, but that it engendered leprous and monstrous children. Some later theologians, however, like Sanchez, argued that the Mosaic enactments (such as Leviticus, Ch. XX, v. 18) no longer hold good. Modern theologians—in part influenced by the tolerant traditions of Liguori, and, in part, like Debreyne (*Morchiologie*, pp. 275 *et seq.*) informed by medical science—no longer prohibit intercourse during menstruation, or regard it as only a venial sin.

We have here a remarkable, but not an isolated, example of the tendency of the human mind in its development to rebel against the claims of primitive nature. The whole of religion is a similar remolding of nature, a repression of natural impulses,

¹ Pouchet, *Théorie de l'Ovulation Spontanée*, 1847. As Blair Bell and Pontland Hick remark ("Menstruation," *British Medical Journal*, March 6, 1900), the repeated œstrus of unimpregnated animals (once a fortnight in rabbits) is surely comparable to menstruation.

² Tait, *Provincial Medical Journal*, May, 1801; J. Beard, *The Span of Gestation*, 1897, p. 60. Lawson Tait is reduced to the assertion that ovulation and menstruation are identical.

an effort to turn them into new channels. Prohibition of intercourse during menstruation is a fundamental element of savage ritual, an element which is universal merely because the conditions which caused it are universal, and because—as is now beginning to be generally recognized—the causes of human psychic evolution are everywhere the same. A strictly analogous phenomenon, in the sexual sphere itself, is the opposed attitude in barbarism and civilization toward the sexual organs. Under barbaric conditions and among savages, when no magico-religious ideas intervene, the sexual organs are beautiful and pleasurable objects. Under modern conditions this is not so. This difference of attitude is reflected in sculpture. In savage and barbaric carvings of human beings, the sexual organs of both sexes are often enormously exaggerated. This is true of the archaic European figures on which Salomon Reinach has thrown so much light, but in modern sculpture, from the time when it reached its perfection in Greece onward, the sexual regions in both men and women are systematically minimized.¹

With advancing culture—as again we shall see later—there is a conflict of claims, and certain considerations are regarded as “higher” and more potent than merely “natural” claims. Nakedness is more natural than clothing, and on many grounds more desirable under the average circumstances of life, yet, everywhere, under the stress of what are regarded as higher considerations, there is a tendency for all races to add more and more to the burden of clothes. In the same way it happens that the tendency of the female to sexual intercourse during menstruation² has everywhere been overlaid by the ideas of a cult-

¹ As Moll points out, even the secondary sexual characters have undergone a somewhat similar change. The beard was once an important sexual attraction, but men can now afford to dispense with it without fear of loss in attractiveness. (*Libido Sexualis*, Band I, p. 387.) These points are discussed at greater length in the fourth volume of these *Studies*, “Sexual Selection in Man.”

² It is not absolutely established that in menstruating animals the period of menstruation is always a period of sexual congress; probably not, the influence of menstruation being diminished by the more fundamental influence of breeding seasons, which affect the male also; monkeys have a breeding season, though they menstruate regularly all the year round.

ure which has insisted on regarding menstruation as a supernatural phenomenon which, for the protection of everybody, must be strictly tabooed.¹ This tendency is reinforced, and in high civilization replaced, by the claims of an aesthetic regard for concealment and reserve during this period. Such facts are significant for the early history of culture, but they must not blind us to the real analogy between heat and menstruation, an analogy or even identity which may be said to be accepted now by most careful investigators.²

If it is, perhaps, somewhat excessive to declare, with Johnstone, that "woman is the only animal in which rut is omnipresent," we must admit that the two groups of phenomena merge into or replace each other, that their object is identical, that they involve similar psychic conditions. Here, also, we see a striking example of the way in which women preserve a primitive phenomenon which earlier in the zoological series was common to both sexes, but which man has now lost. Heat and menstruation, with whatever difference of detail, are practically the same phenomenon. We cannot understand menstruation unless we bear this in mind.

On the psychic side the chief normal and primitive characteristic of the menstrual state is the more predominant presence of the sexual impulse. There are other mental and emotional signs of irritability and instability which tend to slightly impair complete mental integrity, and to render, in some unbalanced individuals explosions of anger or depression, in rarer cases crime, more common;³ but the heightening of the sexual impulse, languor, shyness, and caprice are the more human manifestations of an emotional state which in some of the lower female animals during heat may produce a state of fury.

The actual period of the menstrual flow, at all events the first two or three days, does not, among European women, usually appear to show any heightening of sexual emotion.⁴ This height-

¹ See Appendix A.

² Hald Sutton, *loc. cit.*, p. 896.

³ See H. Ellis, *Man and Woman*, Chapter XI.

⁴ This is by no means true of European women only. Thus, we read in an Arabic book, *The Perfumed Garden*, that women have an aver-

ening occurs usually a few days before, and especially during, the latter part of the flow, and immediately after it ceases.¹ I have, however, convinced myself by inquiry that this absence of sexual feeling during the height of the flow is, in large part, apparent only. No doubt, the onset of the flow, often producing a general depression of vitality, may tend directly to depress the emotions, which are heightened by the general emotional state and local congestion of the days immediately preceding; but among some women, at all events, who are normal and in good health, I find that the period of menstruation itself is covered by the period of the climax of sexual feeling. Thus, a married lady writes: "My feelings are always very strong, not only just before and after, but during the period; very unfortunately, as, of course, they cannot then be gratified"; while a refined girl of 19, living a chaste life, without either coitus or masturbation, which she has never practiced, habitually feels very strong sexual excitement about the time of menstruation, and more especially during the period; this desire torments her life, prevents her from sleeping at these times, and she looks upon it as a kind of illness.² I could quote many other similar and equally emphatic statements, and the fact that so cardinal a relationship of the sexual life of women should be ignored or denied by most writers on this matter, is a curious proof of the prevailing ignorance.³

sion to coitus during menstruation. On the other hand, the old Hindoo physician, Susruta, appears to have stated that a tendency to run after men is one of the signs of menstruation.

¹The actual period of the menstrual flow corresponds, in Heape's terminology, to the congestive stage, or *pro-æstrum*, in female animals; the *æstrus*, or period of sexual desire, immediately follows the *pro-æstrum*, and is the direct result of it. See Heape, "The 'Sexual Season' of Mammals," *Quarterly Journal of Microscopical Science*, 1900, vol. xliv, Part I.

²It may be noted that (as Barnes, Oliver, and others have pointed out) there is heightened blood-pressure during menstruation. Haig remarks that he has found a tendency for high pressure to be accompanied by increased sexual appetite (*Uric Acid*, 8th edition, p. 155).

³Sir W. F. Wade, however, remarked, some years ago, in his *Ingleby Lectures* (*Lancet*, June 5, 1886): "It is far from exceptional to find that there is an extreme enhancement of concupiscence in the immediate precatamenial period," and adds, "I am satisfied that evidence is obtainable that in some instances, ardor is at its maximum during the actual period, and suspect that cases occur in which it is almost, if not entirely, limited to that time." Long ago, however, the genius of Haller had noted

This ignorance has been fostered by the fact that women often disguise even to themselves the real state of their feelings. One lady remarks that while she would be very ready for coitus during menstruation, the thought that it is impossible during that time makes her put the idea of it out of her mind. I have reason to think that this statement may be taken to represent the real feelings of very many women. The aversion to coitus is real, but it is often due, not to failure of sexual desire, but to the inhibitory action of powerful extraneous causes. The absence of active sexual desire in women during the height of the flow may thus be regarded as, in part, a physiological fact, following from the correspondence of the actual menstrual flow to the period of *pro-astrium*, and in part, a psychological fact due to the æsthetic repugnance to union when in such a condition, and to the unquestioned acceptance of the general belief that at such a period intercourse is out of the question. Some of the strongest factors of modesty, especially the fear of causing disgust and the sense of the demands of ceremonial ritual, would thus help to hold in check the sexual emotions during this period, and when, under the influence of insanity, these motives are in abeyance, the coincidence of sexual desire with the menstrual flow often becomes more obvious.¹

the same fact. More recently, Icard (*La Femme*, Chapter VI and elsewhere, e.g., p. 125) has brought forward much evidence in confirmation of this view. It may be added that there is considerable significance in the fact that the erotic hallucinations, which are not infrequently experienced by women under the influence of nitrous oxide gas, are more likely to appear at the monthly period than at any other time. (D. W. Buxton, *Anæsthetics*, 1892, p. 61.)

¹ Gehrung considers that in healthy young girls amorous sensations are normal during menstruation, and in some women persist, during this period, throughout life. More usually, however, as menstrual period after menstrual period recurs, without the natural interruption of pregnancy, the feeling abates, and gives place to sensations of discomfort or pain. He ascribes this to the vital tissues being sapped of more blood than can be replaced in the intervals. "The vital powers, being thus kept in abeyance, the amative sensations are either not developed, or destroyed. This, superadded by the usual moral and religious teachings, is amply sufficient, by degrees, to extinguish or prevent such feelings with the great majority. The sequestration as 'unclean,' of women during their catamenial period, as practiced in olden times, had the same tendency." (E. C. Gehrung, "The Status of Menstruation," *Transactions American Gynecology Society*, 1901, p. 48.)

It must be added that, especially among the lower social classes, the primitive belief of the savage that coitus during menstruation is bad for the man still persists. Ploss and Bartels mention that among the peasants in some parts of Germany, where it is believed that impregnation is impossible during menstruation, coitus at that time would be frequent were it not thought dangerous for the man.¹ It has also been a common belief both in ancient and modern times that coitus during menstruation engenders monsters.²

Notwithstanding all the obstacles that are thus placed in the way of coitus during menstruation, there is nevertheless good reason to believe that the first coitus very frequently takes place at this point of least psychic resistance. When still a student I was struck by the occurrence of cases in which seduction took place during the menstrual flow, though at that time they seemed to me inexplicable, except as evidencing brutality on the part of the seducer. Négrier,³ in the lying-in wards of the Hôtel-Dieu at Angers, constantly found that the women from the country who came there pregnant as the result of a single coitus had been impregnated at or near the menstrual epoch, more especially when the period coincided with a feast-day, as St. John's Day or Christmas.

Whatever doubt may exist as to the most frequent state of the sexual emotions during the period of menstruation, there can be no doubt whatever that immediately before and immediately after, very commonly at both times,—this varying slightly in different women,—there is usually a marked heightening of actual desire. It is at this period (and sometimes during the menstrual flow) that masturbation may take place

¹ It is possible there may be an element of truth in this belief. Diday, of Lyons, found that chronic urethrorrhœa is an occasional result of intercourse during menstruation. Raciborski (*Traité de la Menstruation*, 1868, p. 12), who also paid attention to this point, while confirming Diday, came to the conclusion that some special conditions must be present on one or both sides.

² See, e.g., Ballantyne, "Teratogenesis, *Transactions of the Edinburgh Obstetrical Society*, 1896, vol. xxi, pp. 324-25.

³ As quoted by Icard, *La Femme*, etc., p. 184. I have not been able to see Négrier's work.

in women who at other times have no strong auto-erotic impulse. The only women who do not show this heightening of sexual emotion seem to be those in whom sexual feelings have not yet been definitely called into consciousness, or the small minority, usually suffering from some disorder of sexual or general health, in whom there is a high degree of sexual anaesthesia.¹

The majority of authorities admit a heightening of sexual emotion before or after the menstrual crisis. See *e.g.*, Krafft-Ebing, who places it at the post-menstrual period (*Psychopathia Sexualis*, Eng. translation of tenth edition, p. 27). Adler states that sexual feeling is increased before, during and after menstruation (*Die Mangelhafte Geschlechtsempfindung des Weibes*, 1904, p. 88). Kossmann (Senator and Kaminer, *Health and Disease in Relation to Marriage*, I, 249), advises intercourse just after menstruation, or even during the latter days of the flow, as the period when it is most needed. Guyot says that the eight days after menstruation are the period of sexual desire in women (*Bréviaire de l'Amour Expérimentale*, p. 144). Harry Campbell investigated the periodicity of sexual desire in healthy women of the working classes, in a series of cases, by inquiries made of their husbands who were patients at a London hospital. People of this class are not always skilful in observation, and the method adopted would permit many facts to pass unrecorded; it is, therefore, noteworthy that only in one-third of the cases had no connection between menstruation and sexual feeling been observed; in the other two-thirds, sexual feeling was increased, either before, after, or during the flow, or at all of these times; the proportion of cases in which sexual feeling was increased before the flow, to those in which it was increased after, was as three to two. (H. Campbell, *Nervous Organization of Men and Women*, p. 203.)

Even this elementary fact of the sexual life has, however, been denied, and, strange to say, by two women doctors. Dr. Mary Putnam Jacobi, of New York, who furnished valuable contributions to the physiology of menstruation, wrote some years ago, in a paper on "The Theory of Menstruation," in reference to the question of the connection between œstrus and menstruation: "Neither can any such rhythmical alternation of sexual instinct be demonstrated in women as would lead to the inference that the menstrual crisis was an expression of this," *i.e.*, of œstrus. Dr. Elizabeth Blackwell, again, in her book on *The Human Element in Sex*, asserts that the menstrual flow itself affords

¹ I deal with the question of sexual anaesthesia in women in the third volume of these *Studies*: "The Sexual Impulse in Women."

complete relief for the sexual feelings in women (like sexual emissions during sleep in men), and thus practically denies the prevalence of sexual desire in the immediately post-menstrual period, when, on such a theory, sexual feeling should be at its minimum. It is fair to add that Dr. Blackwell's opinion is merely the survival of a view which was widely held a century ago, when various writers (Borden, Roussel, Duffieux, J. Arnould, etc.), as Icard has pointed out, regarded menstruation as a device of Providence for safeguarding the virginity of women.

II.

The Question of a Monthly Sexual Cycle in Men—The Earliest Suggestions of a General Physiological Cycle in Men—Periodicity in Disease—Insanity, Heart Disease, etc.—The Alleged Twenty-three Days' Cycle—The Physiological Periodicity of Seminal Emissions during Sleep—Original Observations—Fortnightly and Weekly Rhythms.

For some centuries, at least, inquisitive observers here and there have thought they found reason to believe that men, as well as women, present various signs of a menstrual physiological cycle. It would be possible to collect a number of opinions in favor of such a monthly physiological periodicity in men. Precise evidence, however, is, for the most part, lacking. Men have expended infinite ingenuity in establishing the remote rhythms of the solar system and the periodicity of comets. They have disdained to trouble about the simpler task of proving or disproving the cycles of their own organisms.¹ It is over half a century since Laycock wrote that "the *scientific* observation and treatment of disease are impossible without a knowledge of the mysterious revolutions continually taking place in the system"; yet the task of summarizing the whole of our knowledge regarding these "mysterious revolutions" is even to-day no heavy one. As to the existence of a monthly cycle in the sexual instincts of men, with a single exception, I am not aware that any attempt has been made to bring forward definite evidence.² A certain interest and novelty attaches, therefore, to the evidence I am able to produce, although that evidence will not suffice to settle the question finally.

The great Italian physician, Sanctorius, who was in so many ways the precursor of our modern methods of physiological re-

¹ Even counting the pulse is a comparatively recent method of physiological examination. It was not until 1450 that Nicolas of Cusa advocated counting the pulse-beats. (Binz, *Deutsche medizinische Wochenschrift*, October 6, 1898.)

² I leave this statement as it stands, though since the first publication of this book it has ceased to be strictly accurate.

search by the means of instruments of precision, was the first, so far as I am aware, to suggest a monthly cycle of the organism in men. He had carefully studied the weight of the body with reference to the amount of excretions, and believed that a monthly increase in weight to the amount of one or two pounds occurred in men, followed by a critical discharge of urine, this crisis being preceded by feelings of heaviness and lassitude.¹ Gall, another great initiator of modern views, likewise asserted a monthly cycle in men. He insisted that there is a monthly critical period, more marked in nervous people than in others, and that at this time the complexion becomes dull, the breath stronger, digestion more laborious, while there is sometimes disturbance of the urine, together with general *malaise*, in which the temper takes part; ideas are formed with more difficulty, and there is a tendency to melancholy, with unusual irascibility and mental inertia, lasting a few days. More recently Stephenson, who established the cyclical wave-theory of menstruation, argued that it exists in men also, and is really "a general law of vital energy."²

Sanctorius does not appear to have published the data on which his belief was founded. Keill, an English follower of Sanctorius, in his *Medicina Statistica Britannica* (1718), published a series of daily (morning and evening) body-weights for the year, without referring to the question of a monthly cycle. A period of maximum weight is shown usually, by Keill's figures, to occur about once a month, but it is generally irregular, and cannot usually be shown to occur at definite intervals. Monthly discharges of blood from the sexual organs and other parts of the body in men have been recorded in ancient and modern times, and were treated of by the older medical writers as an affliction peculiar to men with a feminine system. (Laycock, *Nervous Diseases of Women*, p. 79.) A summary of such cases will be found in Gould and Pyle (*Anomalies and Curiosities of Medicine*, 1897, pp. 27-28). Laycock (*Lancet*, 1842-43, vols. i and ii) brought forward cases of monthly and fortnightly cycles in disease, and asserted "the general principle that there are greater and less cycles of movements going on in the system, involving each other, and closely connected with the organization of the individual." He was inclined to accept lunar influ-

¹ Sanctorius, *Medicina Statistica*, Sect. 1, aph. lxxv.

² *American Journal of Obstetrics*, xiv, 1882.

ence, and believed that the physiological cycle is made up of definite fractions and multiples of a period of seven days, especially a unit of three and a half days. Albrecht, a somewhat erratic zoologist, put forth the view a few years ago that there are menstrual periods in men, giving the following reasons: (1) males are rudimentary females, (2) in all males of mammals, a rudimentary masculine uterus (Müller's ducts) still persists, (3) totally hypospadiac male individuals menstruate; and believed that he had shown that in man there is a rudimentary menstruation consisting in an almost monthly periodic appearance, lasting for three or four days, of white corpuscles in the urine (*Anomala*, February, 1890). Dr. Campbell Clark, some years since, made observations on asylum attendants in regard to the temperature, during five weeks, which tended to show that the normal male temperature varies considerably within certain limits, and that "so far as I have been able to observe, there is one marked and prolonged rise every month or five weeks, averaging three days, occasional lesser rises appearing irregularly and of shorter duration. These observations are only made in three cases, and I have no proof that they refer to the sexual appetite" (Campbell Clark, "The Sexual Reproductive Functions," Psychological Section, British Medical Association, Glasgow, 1888; also, private letters). Hammond (*Treatise on Insanity*, p. 114) says: "I have certainly noted in some of my friends, the tendency to some monthly periodic abnormal manifestations. This may be in the form of a headache, or a nasal hæmorrhage, or diarrhœa, or abundant discharge of uric acid, or some other unusual occurrence. I think," he adds, "this is much more common than is ordinarily supposed, and a careful examination or inquiry will generally, if not invariably, establish the existence of a periodicity of the character referred to."

Dr. Harry Campbell, in his book on *Differences in the Nervous Organization of Men and Women*, deals fully with the monthly rhythm (pp. 270 *et seq.*), and devotes a short chapter to the question, "Is the Menstrual Rhythm peculiar to the Female Sex?" He brings forward a few pathological cases indicating such a rhythm, but although he had written a letter to the *Lancet*, asking medical men to supply him with evidence bearing on this question, it can scarcely be said that he has brought forward much evidence of a convincing kind, and such as he has brought forward is purely pathological. He believes, however, that we may accept a monthly cycle in men. "We may," he concludes, "regard the human being—both male and female—as the subject of a monthly pulsation which begins with the beginning of life, and continues till death," menstruation being regarded as a function accidentally ingrafted upon this primordial rhythm.

It is not unreasonable to argue that the possibility of such a menstrual cycle is increased, if we can believe that in women, also, the

menstrual cycle persists even when its outward manifestations no longer occur. Aëtius said that menstrual changes take place during gestation; in more modern times, Buffon was of the same opinion. Laycock also maintained that menstrual changes take place during pregnancy (*Nervous Diseases of Women*, p. 47). Fliess considers that it is certainly incorrect to assert that the menstrual process is arrested during pregnancy, and he refers to the frequency of monthly epistaxis and other nasal symptoms throughout this period (W. Fliess, *Beziehungen zwischen Nase und Geschlechts-Organen*, pp. 44 *et seq.*). Beard, who attaches importance to the persistence of a cyclical period in gestation, calls it the muffled striking of the clock. Harry Campbell (*Causation of Disease*, p. 54) has found post-climacteric menstrual rhythm in a fair sprinkling of cases up to the age of sixty.

It is somewhat remarkable that, so far as I have observed, none of these authors refer to the possibility of any heightening of the sexual appetite at the monthly crisis which they believe to exist in men. This omission indicates that, as is suggested by the absence of definite statements on the matter of increase of sexual desire at menstruation, it was an ignored or unknown fact. Of recent years, however, many writers, especially alienists, have stated their conviction that sexual desire in men tends to be heightened at approximately monthly intervals, though they have not always been able to give definite evidence in support of their statements.

Clouston, for instance, has frequently asserted this monthly periodic sexual heightening in men. In the article, "Developmental Insanity," in Tuke's *Psychological Dictionary*, he refers to the periodic physiological heightening of the reproductive *nisus*; and, again, in an article on "Alternation, Periodicity, and Relapse in Mental Diseases" (*Edinburgh Medical Journal*, July, 1882), he records the case of "an insane gentleman, aged 49, who, for the past twenty-six years, has been subject to the most regularly occurring brain-exaltation every four weeks, almost to a day. It sometimes passes off without becoming acutely maniacal, or even showing itself in outward acts; at other times it becomes so, and lasts for periods of from one to four weeks. It is always preceded by an uncomfortable feeling in the head, and pain in the back, mental hebetude, and slight depression. The *nisus generativus* is greatly increased, and he says that, if in that condition, he has full and free seminal emissions during sleep, the excitement passes off; if not, it goes on. A full dose of bromide or iodide of potassium often, but not always, has the effect of stopping the excitement, and a very long walk some-

times does the same. When the excitement gets to a height, it is always followed by about a week of stupid depression." In the same article Clouston remarks: "I have for a long time been impressed with the relationship of the mental and bodily alternations and periodicities in insanity to the great physiological alternations and periodicities, and I have generally been led to the conclusion that they are the same in all essential respects, and only differ in degree of intensity or duration. By far the majority of the cases in women follow the law of the menstrual and sexual periodicity; the majority of the cases in men follow the law of the more irregular periodicities of the *nixus generativus* in that sex. Many of the cases in both sexes follow the seasonal periodicity which perhaps in man is merely a reversion to the seasonal generative activities of the majority of the lower animals." He found that among 338 cases of insanity, chiefly mania and melancholia, 46 per cent. of females and 40 per cent. of males showed periodicity,—diurnal, monthly, seasonal, or annual, and more marked in women than in men, and in mania than in melancholia,—and adds: "I found that the younger the patient, the greater is the tendency to periodic remission and relapse. The phenomenon finds its acme in the cases of pubescent and adolescent insanity."

Conolly Norman, in the article "Mania, Hysterical" (*Tuke's Psychological Dictionary*), states that "the activity of the sexual organs is probably in both sexes fundamentally periodic."

Krafft-Ebing records the case of a neuroasthenic Russian, aged 24, who experienced sexual desires of urologic character, with fair regularity, every four weeks (*Psychopathia Sexualis*), and Néeke mentions the case of a man who had nocturnal emissions at intervals of four weeks (*Archiv für Kriminalanthropologie*, 1908, p. 363), while Moll (*Libido Sexualis*, Bd. I, pp. 621-623) recorded the case of a man, otherwise normal, who had attacks of homosexual feeling every four weeks, and Rohleder (*Zeitschrift für Sexualwissenschaft*, Nov., 1908) gives the case of an unmarried slightly neuropathic physician who for several days every three to five weeks has attacks of almost satyriacal sexual excitement.

Pérec, whose attention was called to this point, from time to time noted the existence of sexual periodicity. Thus, in a case of general paralysis, attacks of continuous sexual excitement, with sleeplessness, occurred every twenty-eight days; at other times, the patient, a man of 42, in the stage of dementia, slept well, and showed no signs of sexual excitation (*Société de Biologie*, October 6, 1900). In another case, of a man of sound heredity and good health till middle life, periodic sexual manifestations began from puberty, with localized genital congestion, erotic ideas, and copious urination, lasting for two or three days. These manifestations became menstrual, with a period of intermenstrual excitement appearing regularly, but never became intense. Between the

age of 36 and 42, the intermenstrual crises gradually ceased; at about 45, the menstrual crises ceased; the periodic crises continued, however, with the sole manifestation of increased frequency of urination (*Société de Biologie*, July 23, 1904). In a third case, of sexual neurasthenia, Féré found that from puberty, onwards to middle life, there appeared, every twenty-five to twenty-eight days, tenderness and swelling below the nipple, accompanied by slight sexual excitation and erotic dreams, lasting for one or two days (*Revue de Médecine*, March, 1905).

It is in the domain of disease that the most strenuous and, on the whole, the most successful efforts have been made to discover a menstrual cycle in men. Such a field seems promising at the outset, for many morbid exaggerations or defects of the nervous system might be expected to emphasize, or to free from inhibition, fundamental rhythmical processes of the organism which in health, and under the varying conditions of social existence, are overlaid by the higher mental activities and the pressure of external stimuli. In the eighteenth century Erasmus Darwin wrote a remarkable and interesting chapter on "The Periods of Disease," dealing with solar and lunar influence on biological processes.¹ Since then, many writers have brought forward evidence, especially in the domain of nervous and mental disease, which seems to justify a belief that, under pathological conditions, a tendency to a male menstrual rhythm may be clearly laid bare.

We should expect an organ so primitive in character as the heart, and with so powerful a rhythm already stamped upon its nervous organization, to be peculiarly apt to display a menstrual rhythm under the stress of abnormal conditions. This expectation might be strengthened by the menstrual rhythm which Mr. Perry-Coste has found reason to suspect in pulse-frequency during health. I am able to present a case in which such a periodicity seems to be indicated. It is that of a gentleman who suffered severely for some years before his death from valvular disease of the heart, with a tendency to pulmonary congestion, and attacks of "cardiac asthma." His wife, a lady of great

¹ *Zoönomia*, Section XXXVI.

intelligence, kept notes of her husband's condition,¹ and at last observed that there was a certain periodicity in the occurrence of the exacerbations. The periods were not quite regular, but show a curious tendency to recur at about thirty days' interval, a few days before the end of every month; it was during one of these attacks that he finally died. There was also a tendency to minor attacks about ten days after the major attacks. It is noteworthy that the subject showed a tendency to periodicity when in health, and once remarked laughingly before his illness: "I am just like a woman, always most excitable at a particular time of the month."

Periodicity has been noted in various disorders of nervous character. Periodic insanity has long been known and studied (see, e.g., Pilez, *Die periodischen Geistesstörungen*, 1901); it is much commoner in women than in men. Periodicity has been observed in stammering (a six-weekly period in one case), and notably in hemiparesis or migraine, by Harry Campbell, Osler, etc. (The periodicity of a case of hemiparesis has been studied in detail by D. Fraser Harris, *Edinburgh Medical Journal*, July, 1902.) But the cycle in these cases is not always, or even usually, of a menstrual type.

It is now possible to turn to an investigation which, although of very limited extent, serves to place the question of a male menstrual cycle for the first time on a sound basis. If there is such a cycle analogous to menstruation in women, it must be a recurring period of nervous erethism, and it must be demonstrably accompanied by greater sexual activity. In the *American Journal of Psychology* for 1888, Mr. Julius Nelson, afterward Professor of Biology at the Rutgers College of Agriculture, New Brunswick, published a study of dreams in which he recorded the results of detailed observations of his dreams, and also of seminal emissions during sleep (by him termed "gonekhole" or "echole"), during a period of something over two years. Mr. Nelson found that both dreams and echoles fell into a physiological cycle of 28 days. The climax of maximum dreaming (as determined by the number of words in the dream record) and the climax of

¹I reproduced these notes in full in earlier editions of this volume.

maximum ecbole fell at the same point of the cycle, the ecbolic climax being more distinctly marked than the dream climax.

The question of cyclic physiological changes is considerably complicated by our uncertainty regarding the precise length of the cycle we may expect to find. Nelson finds a 28-day cycle satisfactory. Perry-Coste, as we shall see, accepts a strictly lunar cycle of $29\frac{1}{2}$ days. Fliess has argued that in both women and men, many physiological facts fall into a cycle of 23 days, which he calls male, the 28-day cycle being female. (W. Fliess, *Die Beziehungen zwischen Nase und weiblichen Geschlechts-Organen*, 1897, pp. 113 *et seq.*) Although Fliess brings forward a number of minutely-observed cases, I cannot say that I am yet convinced of the reality of this 23-day cycle. It is somewhat curious, however, that at the same time as Fliess, though in apparent independence, and from a different point of view, another worker also suggested that there is a 23-day physiological cycle (John Beard, *The Span of Gestation and the Cause of Birth*, Jena, 1897). Beard approaches the question from the embryological standpoint, and argues that there is what he terms an "ovulation unit" of about $23\frac{1}{2}$ days, in the interval from the end of one menstruation to the beginning of the next. Two "ovulation units" make up one "critical unit," and the length of pregnancy, according to Beard, is always a multiple of the "critical unit;" in man, the gestation period amounts to six critical units. These attempts to prove a new physiological cycle deserve careful study and further investigation. The possibility of such a cycle should be borne in mind, but at present we are scarcely entitled to accept it.

So far as I am aware, Professor Nelson's very interesting series of observations, which, for the first time, placed the question of a menstrual rhythm in men on a sound and workable basis, have not directly led to any further observations. I am, however, in possession of a much more extended series of ecbolic observations completed before Nelson's paper was published, although the results have only been calculated at a comparatively recent date. I now propose to present a summary of these observations, and consider how far they confirm Nelson's conclusions. These observations cover no less a period than twelve years, between the ages of 17 and 29, the subject, W. K., being a student, and afterward schoolmaster, leading, on the whole, a chaste life. The records were faithfully made throughout the whole of this long period. Here, if anywhere, should be material

for the construction of a menstrual rhythm on an ecboic basis. While the results are in many respects instructive, it can scarcely, perhaps, be said that they absolutely demonstrate a monthly cycle. When summated in a somewhat similar manner to that adopted by Nelson in his ecboic observations, it is not difficult to regard the maximum, which is reached on the 19th to 21st days of the summated physiological month, as a real menstrual ecboic climax, for no other three consecutive days at all approach these in number of ecboes, while there is a marked depression occurring four days earlier, on the 16th day of the month. If, however, we split up the curve by dividing the period of twelve years into two nearly equal periods, the earlier of about seven years and the latter of about four years, and summate these separately, the two curves do not present any parallel as regards the menstrual cycle. It scarcely seems to me, therefore, that these curves present any convincing evidence in this case of a monthly ecboic cycle (and, therefore, I refrain from reproducing them), although they seem to suggest such a cycle. Nor is there any reason to suppose that by adopting a different cycle of thirty days, or of twenty-three days, any more conclusive results would be obtained.

It seems, however, when we look at these curves more closely, that they are not wholly without significance. If I am justified in concluding that they scarcely demonstrate a monthly cycle, it may certainly be added that they show a rudimentary tendency for the ecboes to fall into a fortnightly rhythm, and a very marked and unmistakable tendency to a weekly rhythm. The fortnightly rhythm is shown in the curve for the earlier period, but is somewhat disguised in the curve for the total period, because the first climax is spread over two days, the 7th and 8th of the month. If we readjust the curve for the total period by presenting the days in pairs, the fortnightly tendency is more clearly brought out (Chart 1).

A more pronounced tendency still is traceable to a weekly rhythm. This is, indeed, the most unquestionable fact brought out by these curves. All the maxima occur on Saturday or Sunday, with the minima on Tuesday, Wednesday, Thursday, or Friday. This very pronounced weekly rhythm will serve to

swamp more or less completely any monthly rhythm on a 28-day basis. Although here probably seen in an exaggerated form, it is almost certainly a characteristic of the ecboic curve generally.¹ I have been told by several young men and women, especially those who work hard during the week, that Saturday, and especially Sunday afternoon, are periods when the thoughts spontaneously go in an erotic direction, and at this time there is a special tendency to masturbation or to spontaneous sexual excitement. It is on Friday, Saturday, Sunday, and Monday, according to Guerry's tables,² that the fewest suicides are committed, Tuesday, Wednesday, and Thursday, with, however, a partial fall on Wednesday, those on which most suicides are committed, so that there would appear to be an antagonism between sexual activity and the desire to throw off life. It also appears (in the reports of the Bavarian factory inspectors) that accidents in factories have a tendency to occur chiefly at the beginning of the week, and toward the end rather than in the middle.³ Even growth, as Fleischmann has shown in the case of children, tends to fall into weekly cycles. It is evident that the nervous system is profoundly affected by the social influences resulting from the weekly cycle.

The analysis of this series of ecboic curves may thus be said to recall the suggestion of Laycock, that the menstrual cycle is really made up of four weekly cycles, the periodic unit, according to Laycock, being three and one-half days. I think it would, however, be more correct to say that the menstrual cycle, perhaps originally formed with reference to the influence of the moon on the sexual and social habits of men and other animals, tends to break up by a process of segmentation into fortnightly and weekly cycles. If we are justified in assuming that there is a male menstrual cycle, we must conclude that in such a case as

¹ Moll refers to the case of a man whose erotic dreams occurred every fortnight, and always on Friday night (*Libido Sexualis*, Band I, p. 136). One is inclined to suspect an element of autosuggestion in such a case; still, the coincidence is noteworthy.

² See Durkheim, *Le Suicide*, p. 101.

³ We must, of course, see here the results of the disorganization produced by holidays, and the exhaustion produced by the week's labor; but such influences are still the social effects of the cosmic week.

that just analyzed, the weekly rhythm has become so marked as almost entirely to obliterate the larger monthly rhythm.

However constituted, there seems little doubt that a physiological weekly cycle really exists. This was, indeed, very clearly indicated many years ago by the observations of Edward Smith, who showed that there are weekly rhythms in pulse, respiration, temperature, carbonic acid evolution, urea, and body-weight, Sunday being the great day of repair and increase of weight.¹

In an appendix to this volume I am able to present the results of another long series of observations of nocturnal ecboic manifestations carried out by Mr. Perry-Coste, who has elaborately calculated the results, and has convinced himself that on the basis of a strictly lunar month, thus abolishing the disturbing influence of the weekly rhythm, which in his case also appears, a real menstrual rhythm may be traced.²

It does not appear to me, however, even yet, that a final answer to the question whether a menstrual sexual rhythm occurs in men can be decisively given in the affirmative. That such a cycle will be proved in many cases seems to me highly probable, but before this can be decisively affirmed it is necessary that a much larger number of persons should be induced to carry out on themselves the simple, but protracted, series of observations that are required.

Since the first edition of this volume appeared, numerous series of ecboic records have reached me from different parts of the world. The most notable of these series comes from a professional man, of scientific training, who has for the past six years lived in different parts of India, where the record was kept. Though the record extends over nearly six years, there are two breaks in it, due to a visit to England, and to loss of interest. Both involuntary and voluntary discharges are included in the record. The involuntary discharges occurred during sleep, usually with an erotic dream, in which the subject invariably awaked and frequently made an effort to check the emission. The voluntary discharges in most cases commenced during sleep, or

¹ E. Smith, *Health and Disease*, Chapter III. I may remark that, according to Kemmner (*Deutsche medizinische Wochenschrift*, January 20, 1908, and *British Medical Journal*, January 29, 1898), school-children work best on Monday and Tuesday.

² See Appendix B.

in the half-waking state; deliberate masturbation, when fully awake, was comparatively rare. The proportion of involuntary to more or less voluntary ecboles was about 3 to 1. A third kind of sexual manifestation (of frequency intermediate between the other two forms) is also included, in which a high degree of erethism is induced during the half waking state, culminating in an orgasm in which the power of preventing discharge has been artificially acquired. The subject, E. M., was 32 years of age when the record began. He belongs to a healthy family, and is himself physically sound, 5 feet 6 inches in height, but weight low, due to rickets in infancy. In early life he stammered badly; his temperament is emotional and self-conscious, while his work is unusually exacting, and he lives for most of the year in a very trying climate. As a boy he was very religious, and has always felt obliged to resist sexual vice to the utmost, though there have been occasional lapses.

As regards lunar periodicity, E. M., has summated his results in a curve, after the same manner as Mr. Perry-Coste, beginning with the new moon. The periods covered include 54 lunar months, and the total number of discharges is 176; the average frequency is about 3 per month of twenty-eight days. The curve, for the most part, zig-zags between a frequency of 4 and 9, but on the twenty-fourth day it falls to 1, and then rises uninterruptedly to a height of 11 on the twenty-seventh day, falling to 2 on the next day. Whether a really menstrual rhythm is thus indicated I do not undertake to decide, but I am inclined to agree with E. M. himself that there is no definite evidence of it. "It looks to me," he writes, "as if the only real rhythm (putting aside the annual cycle) will be found to be the average period between the ecboles, varying in different persons, but in my case, about nine and one-eighth days. May not the ecbole period in men be compared to the menstrual period in women, and be an example of the greater katabolic activity of men? There is the period of tumescence, and the ecbole constituting the detumescence. The week-end holiday would hasten the detumescence, but about every third week-end there would tend to be delay to enable the system to get back into its regulation nine or ten days' stride. This might possibly be the explanation of the curves. The recent emissions were nearly all involuntary during sleep. Age may have something to do with the change in character."

E. M.'s curves frequently show the influence of weekly periodicity, in the tendency to ecbole on Sunday, or sometimes on Saturday or Monday. In recent years there has been some tendency for this climax to be thrown towards the middle of the week, but, on the whole, Wednesday is the point of lowest frequency.

In another case, the subject, A. N., who has spent nearly all his

life in the State of Indiana, has kept a record of sexual manifestations between the ages of 30 and 34. The data, which cover four years, have not been sent to me in a form which enables the possibility of a monthly curve to be estimated, but A. N., who has himself arranged the data on a lunar monthly basis, considers that a monthly curve is thus revealed. "My memoranda, he writes, "show that discharges occur most frequently on the first, second, and third days after new moon. There is also another period on the fourteenth and fifteenth, which might indicate a semi-lunar rhythm. The days of minimum discharge are the seventh, eighth, twenty-second, and twenty-third." It may be added that the yearly average of ebolic manifestations, varying between 50 and 55, comes out as 52, or exactly one per week.

A weekly periodicity is very definitely shown by A. N.'s data. Sunday once more stands at the head of the week as regards frequency, in this case very decisively. The figures are as follows:—

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
48	21	24	35	28	26	27

In another case which has reached me from the United States, the data are slighter, but deserve note, as the subject is a trained psychologist, and I quote the case in his own words. Here, it will be seen, there appears to be a tendency for the ebolic cycle to cover a period of about six weeks. In this case, also, there is a tendency for the climax to occur about Saturday or Sunday. "X. is 38 years old, unmarried, fair health, pretty good heredity; university trained, and engaged in academic pursuits. He thinks he may have completed puberty at about 13, though he has no proof that he was in the full possession of his sex-powers until he was 15 years 3 months old (when he had his first emission). His sex life has been normal. He masturbated somewhat when he slept with other boys (or men) during early manhood, but not to excess.

"During the autumn of 1880 (when 28 years of age) he observed that at certain times he had an itching feeling about the testicles; that he felt slightly irritable; that the penis erected with the slightest provocation, and that this peculiar feeling usually passed away with a nightly emission. Indeed, so regular was the matter that he usually wore a loin garment at these times, to prevent the semen getting on the bedding. This peculiar feeling ordinarily continued for two or three days. He recalls at these times that he felt that he would like to wrestle with some one, for there seemed to be a muscular tension. These states returned with apparent regularity, and the intervals seemed to be about six weeks, though no effort was made to measure the periods until 1893. The following notes are taken from the diaries of X.:—

Thursday, December 29, 1892. The peculiar feeling.

(This is the only entry.)

Thursday, February 9, 1893. The peculiar feeling.

(The diary notes that X. awoke nights to find erections, and that the feeling continued until Sunday night following, when there was an emission.)

Friday, March 27, 1893. The peculiar feeling.

(The diary notes that there was an emission the next night, and that the feeling disappeared.)

Wednesday, May 3, 1893. The peculiar feeling.

(The diary notes that it continued until Saturday night, when X. had sexual relations, and that it then disappeared.)

Wednesday, June 14, 1893. The peculiar feeling.

(The diary states that the next night X. had an emission, and the disappearance of the feeling.)

Thursday, July 27, 1893. The peculiar feeling.

(The diary notes that it was apparent at about 3 o'clock that afternoon. That night at 10 o'clock, X. had sexual intercourse, and the feeling was not noted the next day.)

Friday, September 8, 1893. The peculiar feeling.

(Continued until Tuesday, the 11th, and then disappeared. No sexual intercourse, and no nightly emission.)

Wednesday, October 25, 1893. The peculiar feeling.

(Continued until Saturday night, when there was a nightly emission.)

Saturday, December 9, 1893. The peculiar feeling.

(Continued until Monday night, when there was sexual relations.)

It will be noted that the intervals observed were of about six weeks' duration, excepting one, that from September to October, when it was nearly seven weeks.

"These observations were not recorded after 1893. X. thinks that in 1894 the intervals were longer, an opinion which is based on the fact that for a period of six months he had no sexual intercourse and no nightly emissions. The times during this six months when he had the 'peculiar feeling,' the sensation was so slight as to be scarcely noted. In 1895, the feeling seemed more pronounced than ever before, and X. thinks that it may have recurred as often as once a month. In 1896, 1897, and 1898, the intervals, he thinks, lengthened—at times, he thought, wholly disappeared. During 1899, while they did not recur often, when they did come the sensation was pronounced, although

the emission was less common. There was a peculiar 'heavy' feeling about the testicles, and a marked tendency towards erection of the penis, especially at night-time (while sleeping). X. often awoke to find a tense erection. Moreover, these feelings usually continued a week.

"1. In general, X. is of the opinion that as he grows older these intervals lengthen, though this inference is not based on *recorded* data.

"2. He notes that a discharge (through sexual intercourse or in sleep) invariably brings the peculiar feeling to a close for the time being.

3. He notes that sexual intercourse *at the time* stops it; but, when there has been sexual intercourse within a week or ten days of the time (based upon the observations of 1893), that it had no tendency to check the feeling."

In another case, that of F. C., an Irish farmer, born in Waterford, the data are still more meagre, though the periodicity is stated to be very pronounced. He is chaste, steady, with occasional lapses from strict sobriety, healthy and mentally normal, living a regular open-air life, far from the artificial stimuli of towns. The observations refer to a period when he was from 20 to 27 years of age. During this period, nocturnal emissions occurred at regular intervals of exactly a month. They were ushered in by fits of irritability and depression, and usually occurred in dreamless sleep. The discharges were abundant and physically weakening, but they relieved the psychic symptoms, though they occasioned mental distress, since F. C. is scrupulous in a religious sense, and also apprehensive of bad constitutional effects, the result of reading alarmist quack pamphlets.

In another case known to me, a young man leading a chaste life, experienced crises of sexual excitement every ten to fourteen days, the crisis lasting for several days.

Finally, an interesting contribution to this subject, suggested by this *Study*, has been made and published (in the proceedings of the Amsterdam International Congress of Psychology, in 1907) by the well-known Amsterdam neurologist and psychologist, Dr. L. S. A. M. Von Römer under the title, "Ueber das Verhältniss zwischen Mondalter und Sexualität." Von Römer's data are made up not of nocturnal involuntary emissions, but of the voluntary acts of sexual intercourse of an unmarried man, during a period of four years. Von Römer believes that these, to a much greater extent than those of a married man, would be liable to periodic influence, if such exist. On making a curve of exact lunar length (similarly to Perry-Coste), he finds that there are, every month, two maxima and two minima, in a way that approximately resemble Perry-Coste's curve. The main point in Von Römer's results is, however, the correspondence that he finds with the actual lunar

phases; the chief maximum occurs at the time of the full moon, and the secondary maximum at the time of the new moon, the minima being at the first and fourth quarters. He hazards no theory in explanation of this coincidence, but insists on the need for further observations. It will be seen that A. N.'s results (*ante* p. 117) seem in the main to correspond to Von Römer's.

III.

The Annual Sexual Rhythm—In Animals—In Man—Tendency of the Sexual Impulse to become Heightened in Spring and Autumn—The Prevalence of Seasonal Erotic Festivals—The Feast of Fools—The Easter and Midsummer Bonfires—The Seasonal Variations in Birthrate—The Causes of those Variations—The Typical Conception-rate Curve for Europe—The Seasonal Periodicity of Seminal Emissions During Sleep—Original Observations—Spring and Autumn the Chief Periods of Involuntary Sexual Excitement—The Seasonal Periodicity of Rapes—Of Outbreaks among Prisoners—The Seasonal Curves of Insanity and Suicide—The Growth of Children According to Season—The Annual Curve of Bread-consumption in Prisons—Seasonal Periodicity of Scarlet Fever—The Underlying Causes of these Seasonal Phenomena.

THAT there are annual seasonal changes in the human organism, especially connected with the sexual function, is a statement that has been made by physiologists and others from time to time, and the statement has even reached the poets, who have frequently declared that spring is the season of love.

Thus, sixty years ago, Laycock, an acute pioneer in the investigation of the working of the human organism, brought together (in a chapter on "The Periodic Movements in the Reproductive Organs of Woman," in his *Nervous Diseases of Women*, 1840, pp. 61-70) much interesting evidence to show that the system undergoes changes about the vernal and autumnal equinoxes, and that these changes are largely sexual.

Edward Smith, also a notable pioneer in this field of human periodicity, and, indeed, the first to make definite observations on a number of points bearing on it, sums up, in his remarkable book, *Health and Disease as Influenced by Daily, Seasonal, and Other Cyclical Changes in the Human System* (1861), to the effect that season is a more powerful influence on the system than temperature or atmospheric pressure; "in the early and middle parts of spring every function of the body is in its highest degree of efficiency," while autumn is "essentially a period of change from the minimum toward the maximum of vital conditions." He found that in April and May most carbonic acid is evolved, there being then a progressive diminution to September, and then a progressive increase; the respiratory rate also fell from a maximum in April to a minimum maintained at exactly the same level throughout August, Sep-

tember, October, and November; spring was found to be the season of maximum, autumn of minimum, muscular power; sensibility to tactile and temperature impressions was also greater in spring.

Kulischer, studying the sexual customs of various human races, concluded that in primitive times, only at two special seasons—at spring and in harvest-time—did pairing take place; and that, when pairing ceased to be strictly confined to these periods, its symbolical representation was still so confined, even among the civilized nations of Europe. He further argued that the physiological impulse was only felt at these periods. (Kulischer, "Die geschlechtliche Zuchtwahl bei den Menschen in der Urzeit," *Zeitschrift für Ethnologie*, 1876, pp. 152 and 157.) Cohnstein ("Ueber Priidilectionszeiten bei Schwangerschaft," *Archiv für Gynäkologie*, 1879) also suggested that women sometimes only conceive at certain periods of the year.

Wiltshire, who made various interesting observations regarding the physiology of menstruation, wrote: "Many years ago, I concluded that every woman had a law peculiar to herself, which governed the times of her bringing forth (and conceiving); that she was more prone to bring forth at certain epochs than at others; and subsequent researches have established the accuracy of the forecast." He further stated his belief in a "primordial seasonal aptitude for procreation, the impress of which still remains, and, to some extent, governs the breeding-times of humanity." (A. Wiltshire, "Lectures on the Comparative Physiology of Menstruation," *British Medical Journal*, March, 1883, pp. 502, etc.)

Westermarck, in a chapter of his *History of Human Marriage*, dealing with the question of "A Human Pairing Season in Primitive Times," brings forward evidence showing that spring, or, rather, early summer, is the time for increase of the sexual instinct, and argues that this is a survival of an ancient pairing season; spring, he points out, is a season of want, rather than abundance, for a frugivorous species, but when men took to herbs, roots, and animal food, spring became a time of abundance, and suitable for the birth of children. He thus considers that in man, as in lower animals, the times of conception are governed by the times most suitable for birth.

Rosenstadt, as we shall see later, also believes that men to-day have inherited a physiological custom of procreating at a certain epoch, and he thus accounts for the seasonal changes in the birthrate.

Heape, who also believes that "at one period of its existence the human species had a special breeding season," follows Wiltshire in suggesting that "there is some reason to believe that the human female is not always in a condition to breed." (W. Heape, "Menstruation and Ovulation of *Macacus rhesus*," *Philosophical Transactions*, 1897; *id.* "The Sexual Season of Mammals," *Quarterly Journal Microscopical Science*, 1900.)

Except, however, in one important respect, with which we shall presently have to deal, few attempts have been made to demonstrate any annual organic sexual rhythm. The supposition of such annual cycle is usually little more than a deduction from the existence of the well-marked seasonal sexual rhythm in animals. Most of the higher animals breed only once or twice a year, and at such a period that the young are born when food is most plentiful. At other periods the female is incapable of breeding, and without sexual desires, while the male is either in the same condition or in a condition of latent sexuality. Under the influence of domestication, animals tend to lose the strict periodicity of the wild condition, and become apt for breeding at more frequent intervals. Thus among dogs in the wild state the bitch only experiences heat once a year, in the spring. Among domesticated dogs, there is not only the spring period of heat, early in the year, but also an autumn period, about six months later; the primitive period, however, remains the most important one, and the best litters of pups are said to be produced in the spring. The mare is in season in spring and summer; sheep take the ram in autumn.¹ Many of the menstruating monkeys also, whether or not sexual desire is present throughout the year, only conceive in spring and in autumn. Almost any time of the year may be an animal's pairing season, this season being apparently in part determined by the economic conditions which will prevail at birth. While it is essential that animals should be born during the season of greatest abundance, it is equally essential that pairing, which involves great expenditure of energy, should also take place at a season of maximum physical vigor.

As an example of the sexual history of an animal through the year, I may quote the following description, by Dr. A. W. Johnstone, of the habits of the American deer: "Our common American deer, in winter-time, is half-starved for lack of vegetation in the woods; the low temperature, snow, and ice, make his conditions of life harder for lack of the proper amount of food, whereby he becomes an easier prey to carnivorous animals. He has difficulty even in preserving life. In spring he sheds his winter coat, and is provided with a suit of lighter hair, and

¹ F. Smith, *Veterinary Physiology*; Dalziel, *The Collie*.

while this is going on the male grows antlers for defence. The female about this time is far along in pregnancy, and when the antlers are fully grown she drops the fawn. When the fawns are dropped vegetation is plentiful and lactation sets in. During this time the male is kept fully employed in getting food and guarding his more or less helpless family. As the season advances the vegetation increases and the fawn begins to eat grass. When the summer heat commences the little streams begin to dry up, and the animal once more has difficulty in supporting life because of the enervating heat, the effect of drought on the vegetation, and the distance which has to be traveled to get water; therefore, fully ten months in each year the deer has all he can do to live without extra exertion incident to rutting. Soon after the autumn rains commence vegetation becomes more luxurious, the antlers of the male and new suits of hair for both are fully grown, heat of the summer is gone, food and drink are plentiful everywhere, the fawns are weaned, and both sexes are in the very finest condition. Then, and then only, in the whole year, comes the rut, which, to them as to most other animals, means an unwonted amount of physical exercise besides the everyday runs for life from their natural enemies, and an unusual amount of energy is used up. If a doe dislikes the attention of a special buck, miles of racing result. If jealous males meet, furious battles take place. The strain on both sexes could not possibly be endured at any other season of the year. With approach of cold weather, climatic deprivations and winter dangers commence and rut closes. In all wild animals, rut occurs only when the climatic and other conditions favor the highest physical development. This law holds good in all wild birds, for it is then only that they can stand the strain incident to love-making. The common American crow is a very good study. In the winter he travels around the ricefields of the South, leading a tramp's existence in a country foreign to him, and to which he goes only to escape the rigors of the northern climate. For several weeks in the spring he goes about the fields, gathering up the worms and grubs. After his long flight from the South he experiences several weeks of an almost ideal existence, his food is plentiful, he becomes strong and hearty, and then he turns to thoughts of love. In the pairing season he does more work than at any other time in the year: fantastic dances, racing and chasing after the females, and savage fights with rivals. He endures more than would be possible in his ordinary physical state. Then come the care of the young and the long flights for water and food during the drought of the summer. After the molt, autumn finds him once more in flock, and with the first frosts he is off again to the South. In the wild state, rut is the capstone of perfect physical condition." (A. W. Johnstone, "The Relation of Menstruation to the other Reproductive Functions," *American Journal of Obstetrics*, vol. xxxii, 1895.)

Wiltshire ("Lectures on the Comparative Physiology of Menstruation," *British Medical Journal*, March, 1888) and Westermarek (*History of Human Marriage*, Chapter II) enumerate the pairing season of a number of different animals.

With regard to the breeding seasons of monkeys, little seems to be positively known. Heape made special inquiries with reference to the two species whose sexual life he investigated. He was informed that *Semnopithecus entellus* breeds twice a year, in April and in October. He accepts Aitcheson's statement that the *Macacus rhinns*, in Simla, copulates in October, and adds that in the very different climate of the plains it appears to copulate in May. He concludes that the breeding season varies greatly in dependence on climate, but believes that the breeding season is always preserved, and that it affects the sexual aptitude of the male. He could not make his monkeys copulate during February or March, but is unable to say whether or not sexual intercourse is generally admitted outside the breeding season. He quotes the observation of Breschet that monkeys copulate during pregnancy.

In primitive human races we very frequently trace precisely the same influence of the seasonal impulse as may be witnessed in the higher animals, although among human races it does not always result that the children are born at the time of the greatest plenty, and on account of the development of human skill such a result is not necessary. Thus Dr. Cook found among the Eskimo that during the long winter nights the secretions are diminished, muscular power is weak, and the passions are depressed. Soon after the sun appears a kind of rut affects the young population. They tremble with the intensity of sexual passion, and for several weeks much of the time is taken up with courtship and love. Hence, the majority of the children are born nine months later, when the four months of perpetual night are beginning. A marked seasonal periodicity of this kind is not confined to the Arctic regions. We may also find it in the tropics. In Cambodia, Mondière has found that twice a year, in April and September, men seem to experience a "veritable rut," and will sometimes even kill women who resist them.¹

These two periods, spring and autumn—the season for greeting the appearance of life and the season for reveling in its final

¹ Mondière, Art "Cambodgiens," *Dictionnaire des Sciences Anthropologiques*.

fruition—seem to be everywhere throughout the world the most usual seasons for erotic festivals. In classical Greece and Rome, in India, among the Indians of North and South America, spring is the most usual season, while in Africa the yam harvest of autumn is the season chiefly selected. There are, of course, numerous exceptions to this rule, and it is common to find both seasons observed. Taking, indeed, a broad view of festivals throughout the world, we may say that there are four seasons when they are held: the winter solstice, when the days begin to lengthen and primitive man rejoices in the lengthening and seeks to assist it;¹ the vernal equinox, the period of germination and the return of life; the summer solstice, when the sun reaches its height; and autumn, the period of fruition, of thankfulness, and of repose. But it is rarely that we find a people seriously celebrating more than two of these festival seasons.

In Australia, according to Müller as quoted by Ploss and Bartels, marriage and conception take place during the warm season, when there is greatest abundance of food, and to some extent is even confined to that period. Oldfield and others state that the Australian erotic festivals take place only in spring. Among some tribes, Müller adds, such as the Watschandis, conception is inaugurated by a festival called *kaaro*, which takes place in the warm season at the first new moon after the yams are ripe. The leading feature of this festival is a moonlight dance, representing the sexual act symbolically. With their spears, regarded as the symbols of the male organ, the men attack bushes, which

¹ This primitive aspect of the festival is well shown by the human sacrifices which the ancient Mexicans offered at this time, in order to enable the sun to recuperate his strength. The custom survives in a symbolical form among the Mokis, who observe the festivals of the winter solstice and the vernal equinox. ("Aspects of Sun-worship among the Moki Indians," *Nature*, July 28, 1898.) The Walpi, a Tusayan people, hold a similar great sun-festival at the winter solstice, and December is with them a sacred month, in which there is no work and little play. This festival, in which there is a dance dramatizing the fructification of the earth and the imparting of virility to the seeds of corn, is fully described by J. Walter Fewkes (*American Anthropologist*, March, 1898). That these solemn annual dances and festivals of North America frequently merge into "a lecherous *saturnalia*," when "all is joy and happiness," is stated by H. H. Bancroft (*Native Races of Pacific States*, vol. i, p. 352).

represent the female organs. They thus work themselves up to a state of extreme sexual excitement.¹ Among the Papuans of New Guinea, also, according to Miklucho-Macleay, conceptions chiefly occur at the end of harvest, and Guise describes the great annual festival of the year which takes place at the time of the yam and banana harvest, when the girls undergo a ceremony of initiation and marriages are effected.² In Central Africa, says Sir H. H. Johnston, in his *Central Africa*, sexual orgies are seriously entered into at certain seasons of the year, but he neglects to mention what these seasons are. The people of New Britain, according to Weisser (as quoted by Ploss and Bartels), carefully guard their young girls from the young men. At certain times, however, a loud trumpet is blown in the evening, and the girls are then allowed to go away into the bush to mix freely with the young men. In ancient Peru (according to an account derived from a pastoral letter of Archbishop Villagomez of Lima), in December, when the fruit of the *pallay* is ripe, a festival was held, preceded by a five days' fast. During the festival, which lasted six days and six nights, men and women met together in a state of complete nudity at a certain spot among the gardens, and all raced toward a certain hill. Every man who caught up with a woman in the race was bound at once to have intercourse with her.

Very instructive, from our present point of view, is the account given by Dalton, of the festivals of the various Bengal races. Thus the Hos (a Kolarian tribe), of Bengal, are a purely agricultural people, and the chief festival of the year with them is the *múgh parah*. It is held in the month of January, "when the granaries are full of grain, and the people, to use their own

¹ As regards the northern tribes of Central Australia, Spencer and Gillen state that, during the performance of certain ceremonies which bring together a large number of natives from different parts, the ordinary marital rules are more or less set aside (*Northern Tribes of Central Australia*, p. 136). Just in the same way, among the Siberian Yakuts, according to Sieroshevski, during weddings and at the great festivals of the year, the usual oversight of maidens is largely removed. (*Journal of the Anthropological Institute*, Jan.-June, 1901, p. 96.)

² R. E. Guise, *Journal of the Anthropological Institute*, 1899, pp. 214-216.

expression, full of devilry." It is the festival of the harvest home, the termination of the year's toil, and is always held at full moon. The festival is a *saturnalia*, when all rules of duty and decorum are forgotten, and the utmost liberty is allowed to women and girls, who become like bacchantes. The people believe that at this time both men and women become overcharged with vitality, and that a safety valve is absolutely necessary. The festival begins with a religious sacrifice made by the village priest or elders, and with prayers for the departed and for the vouchsafing of seasonable rain and good crops. The religious ceremonies over, the people give themselves up to feasting and to drinking the home-made beer, the preparation of which from fermented rice is one of a girl's chief accomplishments. "The Ho population," wrote Dalton, "are at other seasons quiet and reserved in manner, and in their demeanor toward women gentle and decorous; even in their flirtations they never transcend the bounds of decency. The girls, though full of spirits and somewhat saucy, have innate notions of propriety that make them modest in demeanor, though devoid of all prudery, and of the obscene abuse, so frequently heard from the lips of common women in Bengal, they appear to have no knowledge. They are delicately sensitive under harsh language of any kind, and never use it to others; and since their adoption of clothing they are careful to drape themselves decently, as well as gracefully; but they throw all this aside during the *mágh* feast. Their nature appears to undergo a temporary change. Sons and daughters revile their parents in gross language, and parents their children; men and women become almost like animals in the indulgence of their amorous propensities. They enact all that was ever portrayed by prurient artists in a bacchanalian festival or pandean orgy; and as the light of the sun they adore, and the presence of numerous spectators, seems to be no restraint on their indulgence, it cannot be expected that chastity is preserved when the shades of night fall on such a scene of licentiousness and debauchery." While, however, thus representing the festival as a mere debauch, Dalton adds that relationships formed at this time generally end in marriage. There is also a flower festival in April and May,

of religious nature, but the dances at this festival are quieter in character.¹

In Burmah the great festival of the year is the full moon of October, following the Buddhist Lent season (which is also the wet season), during which there is no sexual intercourse. The other great festival is the New Year in March.²

In classical times the great festivals were held at the same time as in northern and modern Europe. The *brumalia* took place in midwinter, when the days were shortest, and the *rosalia*, according to early custom in May or June, and at a later time about Easter. After the establishment of Christianity the Church made constant efforts to suppress this latter festival, and it was referred to by an eighth century council as "a wicked and reprehensible holiday-making." These festivals appear to be intimately associated with Dionysus worship, and the flower-festival of Dionysus, as well as the Roman *Liberales* in honor of Bacchus, was celebrated in March with worship of Priapus. The festivals of the Delian Apollo and of Artemis, both took place during the first week in May and the Roman *Bacchanales* in October.³

The mediæval Feast of Fools was to a large extent a seasonal orgy licensed by the Church. It may be traced directly back through the *barbatories* of the lower empire to the Roman *saturnalia*, and at Sens, the ancient ecclesiastical metropolis of France, it was held at about the same time as the *saturnalia*, on

¹ Dalton, *Ethnology of Bengal*, pp. 190 *et seq.* W. Crooke (*Journal of the Anthropological Institute*, p. 243, 1890) also refers to the annual harvest-tree dance and *saturnalia*, and its association with the seasonal period for marriage. We find a similar phenomenon in the Malay Peninsula: "In former days, at harvest-time, the Jakuns kept an annual festival, at which, the entire settlement having been called together, fermented liquor, brewed from jungle fruits, was drunk; and to the accompaniments of strains of their rude and incondite music, both sexes, crowning themselves with fragrant leaves and flowers, indulged in bouts of singing and dancing, which grew gradually wilder throughout the night, and terminated in a strange kind of sexual orgie." (W. W. Skeat, "The Wild Tribes of the Malay Peninsula," *Journal of the Anthropological Institute*, 1902, p. 133.)

² Fielding Hall, *The Soul of a People*, 1898, Chapter XIII.

³ See e.g., L. Dyer, *Studies of the Gods in Greece*, 1891, pp. 80-89, 375, etc.

the Feast of the Circumcision, i.e., New Year's Day. It was not, however, always held at this time; thus at Evreux it took place on the 1st of May.¹

The Easter bonfires of northern-central Europe, the Midsummer (St. John's Eve) fires of southern-central Europe, still bear witness to the ancient festivals.² There is certainly a connection between these bonfires and erotic festivals; it is noteworthy that they occur chiefly at the period of spring and early summer, which, on other grounds, is widely regarded as the time for the increase of the sexual instinct, while the less frequent period for the bonfires is that of the minor sexual climax. Mannhardt was perhaps the first to show how intimately these spring and early summer festivals—held with bonfires and dances and the music of violin—have been associated with love-making and the choice of a mate.³ In spring, the first Monday in Lent (Quadragesima) and Easter Eve were frequent days for such bonfires. In May, among the Franks of the Main, the unmarried women, naked and adorned with flowers, danced on the Blocksberg before the men, as described by Herbels in the tenth century.⁴ In the central highlands of Scotland the Beltane fires were kindled on the 1st of May. Bonfires sometimes took place on

¹ For a popular account of the Feast of Fools, see Loliée, "La Fête des Fous," *Revue des Revues*, May 15, 1898; also, J. G. Bourke, *Scatology Rites of all Nations*, pp. 11-23.

² J. Grimm (*Teutonic Mythology*, p. 615) points out that the observance of the spring or Easter bonfires marks off the Saxon from the Franconian peoples. The Easter bonfires are held in Lower Saxony, Westphalia, Lower Hesse, Geldern, Holland, Friesland, Jutland, and Zealand. The Midsummer bonfires are held on the Rhine, in Franconia, Thuringia, Swabia, Bavaria, Austria, and Silesia. Schwartz (*Zeitschrift für Ethnologie*, 1896, p. 151) shows that at Lauterberg, in the Harz Mountains, the line of demarcation between these two primitive districts may still be clearly traced.

³ *Wald und Feldkulte*, 1875, vol. i, pp. 422 *et seq.* He also mentions (p. 458) that St. Valentine's Day (14th of February),—or Ember Day, or the last day of February,—when the choice of a mate was supposed to take place, was associated, among the Germans, with love-making and the choice of a mate. In the Rhine, it may be added, on the 1st of May, the young girls chose young men as their valentines, a custom known by this name to Rabelais.

⁴ *Rochholz, Drei gaugöttinnen*, p. 37.

Halloween (October 31st) and Christmas. But the great season all over Europe for these bonfires, then often held with erotic ceremonial, is the summer solstice, the 23d of June, the eve of Midsummer, or St. John's Day.¹

The Bohemians and other Slavonic races formerly had meetings with sexual license. This was so up to the beginning of the sixteenth century on the banks of rivers near Novgorod. The meetings took place, as a rule, the day before the Festival of John the Baptist, which, in pagan times, was that of a divinity known by the name of Jarilo (equivalent to Priapus). Half a century later, a new ecclesiastical code sought to abolish every vestige of the early festivals held on Christmas Day, on the Day of the Baptism of Our Lord, and on John the Baptist's Day. A general feature of all these festivals (says Kowalewsky) was the prevalence of the promiscuous intercourse of the sexes. Among the Esthonians, at the end of the eighteenth century, thousands of persons would gather around an old ruined church (in the Fellin-schen) on the Eve of St. John, light a bonfire, and throw sacrificial gifts into it. Sterile women danced naked among the ruins; much eating and drinking went on, while the young men and maidens disappeared into the woods to do what they would. Festivals of this character still take place at the end of June in

¹ Mannhardt, *ibid.*, pp. 406 *et seq.* Also J. G. Frazer, *Golden Bough*, vol ii, Chapter IV. For further facts and references, see K. Pearson (*The Chances of Death*, 1897, vol. ii, "Woman as Witch," "Kindred Group-marriage," and Appendix on "The 'Maitehn' and 'Kill-gang,'") who incidentally brings together some of the evidence concerning primitive sex-festivals in Europe. Also, E. Hahn, *Demeter and Baubo*, 1896, pp. 38-40; and for some modern survivals, see Deniker, *Races of Man*, 1900, Chapter III. On a lofty tumulus near the megalithic remains at Carnac, in Brittany, the custom still prevails of lighting a large bonfire at the time of the summer solstice; it is called Tan Heol, or Tan St. Jean. In Ireland, the bonfires also take place on St. John's Eve, and a correspondent, who has often witnessed them in County Waterford, writes that "women, with garments raised, jump through these fires, and conduct which, on ordinary occasions would be reprobated, is regarded as excusable and harmless." Outside Europe, the Berbers of Morocco still maintain this mid-summer festival, and in the Rif they light bonfires; here the fires seem to be now regarded as mainly purificatory, but they are associated with eating ceremonies which are still regarded as multiplicative. (Westermarck "Midsummer Customs in Morocco. *Folk-Lore*, March, 1905.)

some districts. Young unmarried couples jump barefoot over large fires, usually near rivers or ponds. Licentiousness is rare.¹ But in many parts of Russia the peasants still attach little value to virginity, and even prefer women who have been mothers. The population of the Grisons in the sixteenth century held regular meetings not less licentious than those of the Cossacks. These were abolished by law. Kowalewsky regards all such customs as a survival of early forms of promiscuity.²

Frazer (*Golden Bough*, 2d ed., 1900, vol. iii, pp. 236-350) fully describes and discusses the dances, bonfires and festivals of spring and summer, of Halloween (October 31), and Christmas. He also explains the sexual character of these festivals. "There are clear indications," he observes (p. 305), "that even human fecundity is supposed to be promoted by the genial heat of the fires. It is an Irish belief that a girl who jumps thrice over the midsummer bonfire will soon marry and become the mother of many children; and in various parts of France they think that if a girl dances round nine fires she will be sure to marry within a year. On the other hand, in Lechrain, people say that if a young man and woman, leaping over the midsummer fire together, escape unsmirched, the young woman will not become a mother within twelve months—the flames have not touched and fertilized her. The rule observed in some parts of France and Belgium, that the bonfires on the first Sunday in Lent should be kindled by the person who was last married, seems to belong to the same class of ideas, whether it be that such a person is supposed to receive from, or impart to, the fire a generative and fertilizing influence. The common practice of lovers leaping over the fires hand-in-hand may very well have originated in a notion that thereby their marriage would be more likely to be blessed with offspring. And the scenes of profligacy which appear to have marked the midsummer celebration among the Estonians, as they once marked the celebration of May Day among ourselves, may

¹ Mannhardt (*op. cit.*, p. 469) quotes a description of an Estonian festival in the Island of Moon, when the girls dance in a circle round the fire, and one of them,—to the envy of the rest, and the pride of her own family,—is chosen by the young men, borne away so violently that her clothes are often torn, and thrown down by a youth, who places one leg over her body in a kind of symbolical coitus, and lies quietly by her side till morning. The spring festivals of the young people of Ukraina, in which, also, there is singing, dancing, and sleeping together, are described in "Folk-Lore de l'Ukraine." Ковтвдѣта, vol. v, pp. 2-6, and vol. viii, pp. 303 *et seq.*

² M. Kowalewsky, "Marriage Among the Early Slavs," *Folk-Lore*, December, 1890.

have sprung, not from the mere license of holiday-makers, but from a crude notion that such orgies were justified, if not required, by some mysterious bond which linked the life of man to the courses of the heavens at the turning-point of the year."

As regards these primitive festivals, although the evidence is scattered and sometimes obscure, certain main conclusions clearly emerge. In early Europe there were, according to Grimm, only two seasons, sometimes regarded as spring and winter, sometimes as spring and autumn, and for mythical purposes these seasons were alone available.¹ The appearance of each of these two seasons was inaugurated by festivals which were religious and often erotic in character. The Slavonic year began in March, at which time there was formerly, it is believed, a great festival, not only in Slavonic but also in Teutonic countries. In Northern Germany there were Easter bonfires always associated with mountains or hills. The Celtic bonfires were held at the beginning of May, while the Teutonic May-day, or *Walpurgisnacht*, is a very ancient sacred festival, associated with erotic ceremonial, and regarded by Grimm as having a common origin with the Roman *floralia* and the Greek *dionysia*. Thus, in Europe, Grimm concludes: "there are four different ways of welcoming summer. In Sweden and Gothland a battle of winter and summer, a triumphal entry of the latter. In Schonen, Denmark, Lower Saxony, and England, simply May-riding, or fetching of the May-wagon. On the Rhine merely a battle of winter and summer, without immersion, without the pomp of an entry. In Franconia, Thuringia, Meissen, Silesia, and Bohemia only the carrying out of wintry death; no battle, no formal introduction of summer. Of these festivals the first and second fall in May, the third and fourth in March. In the first two, the whole population take part with unabated enthusiasm; in the last two only the lower poorer class. . . . Everything goes to prove that the approach of summer was to our forefathers a holy tide, welcomed

¹ A. Tille, however (*Folk and Christmas*, 1890), while admitting that the general Aryan division of the year was dual, follows Tietius in asserting that the Germanic division of the year (like the Egyptian) was tripartite: winter, spring, and summer.

by sacrifice, feast, and dance, and largely governing and brightening the people's life."¹ The early spring festival of March, the festival of Ostara, the goddess of spring, has become identified with the Christian festival of Resurrection (just as the summer solstice festival has been placed beneath the patronage of St. John the Baptist); but there has been only an amalgamation of closely-allied rites, for the Christian festival also may be traced back to a similar origin. Among the early Arabians the great *ragab* feast, identified by Ewald and Robertson Smith with the Jewish *paschal* feast, fell in the spring or early summer, when the camels and other domestic animals brought forth their young and the shepherds offered their sacrifices.² Babylonia, the supreme early centre of religious and cosmological culture, presents a more decisive example of the sex festival. The festival of Tammuz is precisely analogous to the European festival of St. John's Day. Tammuz was the solar god of spring vegetation, and closely associated with Ishtar, also an agricultural deity of fertility. The Tammuz festival was, in the earliest times, held toward the summer solstice, at the time of the first wheat and barley harvest. In Babylonia, as in primitive Europe, there were only two seasons; the festival of Tammuz, coming at the end of winter and the beginning of summer, was a fast followed by a feast, a time of mourning for winter, of rejoicing for summer. It is part of the primitive function of sacred ritual to be symbolical of natural processes, a mysterious representation of natural processes with the object of bringing them about.³ The Tammuz festival was an appeal to the powers of Nature to exhibit their generative functions; its erotic character is indicated not only by the well-known fact that the priestesses of Ishtar (the *Kadishtu*, or "holy ones") were prostitutes, but by the statements in Babylonian legends concerning the state of the earth during Ishtar's winter absence, when the bull, the ass, and man

¹ Grimm, *Teutonic Mythology* (English translation by Stallybrass), pp. 612-630, 779, 788.

² Wellhausen, *Reste Arabischen Heidentums*, 1897, p. 98.

³ See, e.g., the chapter on ritual in Gérard-Varet's interesting book, *L'Ignorance et l'Irréflexion*, 1899, for a popular account of this and allied primitive conceptions.

ceased to reproduce. It is evident that the return of spring, coincident with the Tammuz festival, was regarded as the period for the return of the reproductive instinct even in man.¹ So that along this line also we are led back to a great procreative festival.

Thus the great spring festivals were held between March and June, frequently culminating in a great orgy on Midsummer's Eve. The next great season of festivals in Europe was in autumn. The beginning of August was a great festival in Celtic lands, and the echoes of it, Rhys remarks, have not yet died out in Wales.² The beginning of November, both in Celtic and Teutonic countries, was a period of bonfires.³ In Germanic countries especially there was a great festival at the time. The Germanic year began at Martinmas (November 11th), and the great festival of the year was then held. It is the oldest Germanic festival on record, and retained its importance even in the Middle Ages. There was feasting all night, and the cattle that were to be killed were devoted to the gods; the goose was associated with this festival.⁴ These autumn festivals culminated in the great festival of the winter solstice which we have perpetuated

¹ Jastrow, *Religion of Babylonia*, especially pp. 485, 571; regarding the priestesses, Jastrow remarks: "Among many nations, the mysterious aspects of woman's fertility lead to rites that, by a perversion of their original import, appear to be obscene. The prostitutes were priestesses attached to the Ishtar cult, and who took part in ceremonies intended to symbolize fertility." Whether there is any significance in the fact that the first two months of the Babylonian year (roughly corresponding to our March and April), when we should expect births to be at a maximum, were dedicated to Ea and Bel, who, according to varying legends, were the creators of man, and that New Year's Day was the festival of Bau, regarded as the mother of mankind, I cannot say, but the suggestion may be put forward.

² *Celtic Heathendom*, p. 421.

³ Grimm, *Teutonic Mythology*, p. 1465. In England, the November, bonfires have become merged into the Guy Fawkes celebrations. In the East, the great primitive autumn festivals seem to have fallen somewhat earlier. In Babylonia, the seventh month (roughly corresponding to September) was specially sacred, though nothing is known of its festivals, and this also was the sacred festival month of the Hebrews, and originally of the Arabs. In Europe, among the southern Slavs, the Reigen, or Kolo—wild dances by girls, adorned with flowers, and with skirts girt high, followed by sexual intercourse—take place in autumn, during the nights following harvest time.

⁴ A. Tille, *Yule and Christmas*, p. 21, etc.

in the celebrations of Christmas and New Year. Thus, while the two great primitive culminating festivals of spring and autumn correspond exactly (as we shall see) with the seasons of maximum fecundation, even in the Europe of to-day, the earlier spring (March) and—though less closely—autumn (November) festivals correspond with the periods of maximum spontaneous sexual disturbance, as far as I have been able to obtain precise evidence of such disturbance. That the maximum of physiological sexual excitement should tend to appear earlier than the maximum of fecundation is a result that might be expected.

The considerations so far brought forward clearly indicate that among primitive races there are frequently one or two seasons in the year—especially spring and autumn—during which sexual intercourse is chiefly or even exclusively carried on, and they further indicate that these primitive customs persist to some extent even in Europe to-day. It would still remain to determine whether any such influence affects the whole mass of the civilized population and determines the times at which intercourse, or fecundation, most frequently takes place.

This question can be most conveniently answered by studying the seasonal variation in the birthrate, calculating back to the time of conception. Wargentin, in Sweden, first called attention to the periodicity of the birthrate in 1767.¹ The matter seems to have attracted little further attention until Quetelet, who instinctively scented unreclaimed fields of statistical investigation, showed that in Belgium and Holland there is a maximum of births in February, and, consequently, of conceptions in May, and a minimum of births about July, with consequent minimum of conceptions in October. Quetelet considered that the spring maximum of conceptions corresponded to an increase of vitality after the winter cold. He pointed out that this sexual climax was better marked in the country than in towns, and accounted

¹ Long before Wargentin, however, Rabelais had shown some interest in this question, and had found that there were most christenings in October and November, this showing, he pointed out, that the early warmth of spring influenced the number of conceptions (*Pantagruel*, liv. v, Ch. XXIX). The spring maximum of conceptions is not now so early in France.

for this by the consideration that in the country the winter cold is more keenly felt. Later, Wappäus investigated the matter in various parts of northern and southern Europe as well as in Chile, and found that there was a maximum of conceptions in May and June attributable to season, and in Catholic countries strengthened by customs connected with ecclesiastical seasons. This maximum was, he found, followed by a minimum in September, October, and November, due to gradually increasing exhaustion, and the influence of epidemic diseases, as well as the strain of harvest-work. The minimum is reached in the south earlier than in the north. About November conceptions again become more frequent, and reach the second maximum at about Christmas and New Year. This second maximum is very slightly marked in southern countries, but strongly marked in northern countries (in Sweden the absolute maximum of conceptions is reached in December), and is due, in the opinion of Wappäus, solely to social causes. Villermé reached somewhat similar results. Founding his study on 17,000,000 births, he showed that in France it was in April, May, and June, or from the spring equinox to the summer solstice, and nearer to the solstice than the equinox, that the maximum of fecundations takes place; while the minimum of births is normally in July, but is retarded by a wet and cold summer in such a manner that in August there are scarcely more births than in July, and, on the other hand, a very hot summer, accelerating the minimum of births, causes it to fall in June instead of in July.¹ He also showed that in Buenos Ayres, where the seasons are reversed, the conception-rate follows the reversed seasons, and is also raised by epochs of repose, of plentiful food, and of increased social life. Sormani studied the periodicity of conception in Italy, and found that the spring maximum in the southern provinces occurs in May, and gradually falls later as one proceeds northward, until, in the extreme north of the peninsula, it occurs in July. In southern Italy there is only one maximum and one minimum; in the north there are two. The minimum which follows the spring or sum-

¹ Villermé, "De la Distribution par mois des conceptions," *Annales d'Hygiène Publique*, tome v, 1831, pp. 55-155.

mer maximum increases as we approach the south, while the minimum associated with the winter cold increases as we approach the north.¹ Beukemann, who studied the matter in various parts of Germany, found that seasonal influence was specially marked in the case of illegitimate births. The maximum of conceptions of illegitimate children takes place in the spring and summer of Europe generally; in Russia it takes place in the autumn and winter, when the harvest-working months for the population are over, and the period of rest, and also of minimum deathrate (September, October, and November), comes round. In Russia the general conception-rate has been studied by various investigators. Here the maximum number of conceptions is in winter, the minimum varying among different elements of the population. Looked at more closely, there are maxima of conceptions in Russia in January and in April. (In Russian towns, however, the maximum number of conceptions occurs in the autumn.) The special characteristics of the Russian conception-rate are held to be due to the prevalence of marriages in autumn and winter,² to the severely observed fasts of spring, and to the exhausting harvest-work of summer.

It is instructive to compare the conception-rate of Europe with that of a non-European country. Such a comparison has been made by S. A. Hill for the Northwest Provinces of India. Here the Holi and other erotic festivals take place in spring; but spring is not the period when conceptions chiefly take place; indeed, the prevalence of erotic festivals in spring appears to Hill an argument in favor of those festivals having originated in a colder climate. The conceptions show a rise through October and November to a maximum in December and January, followed by a steady and prolonged fall to a minimum in September. This curve can be accounted for by climatic and economic conditions. September is near the end of the long and depressing hot season,

¹ Sormani, *Giornale di Medicina Militare*, 1870.

² Throughout Europe, it may be said, marriages tend to take place either in spring or autumn (Oettinger *Moralstatistik*, p. 181, gives details). That is to say, that there is a tendency for marriages to take place at the season of the great public festivals, during which sexual intercourse was prevalent in more primitive times.

when malarial influences are rapidly increasing to a maximum, the food-supply is nearly exhausted, and there is the greatest tendency to suicide. With October it forms the period of greatest mortality. December, on the other hand, is the month when food is most abundant, and it is also a very healthy month.¹

For a summary of the chief researches into this question, see Ploss and Bartels, *Das Weib*; also, Rosenstadt, "Zur Frage nach den Ursachen welche die Zahl der Conceptionen, etc.," *Mittheilungen aus den embryologischen Institute Universität Wien*, second series, fasc. 4, 1890. Rosenstadt concludes that man has inherited from animal ancestors a "physiological custom" which has probably been further favored by climatic and social conditions. "Primitive man," he proceeds, "had inherited from his ancestors the faculty of only reproducing himself at determined epochs. On the arrival of this period of rut, fecundation took place on a large scale, this being very easy, thanks to the promiscuity in which primitive man lived. With the development of civilization, men give themselves up to sexual relations all the year around, but the 'physiological custom' of procreating at a certain epoch has not completely disappeared; it remains as a survival of the animal condition, and manifests itself in the recrudescence of the number of conceptions during certain months of the year." O. Rosenbach ("Bemerkungen über das Problem einer Brunstzeit beim Menschen," *Archiv für Rassen und Gesellschafts-Biologie*, Bd. III, Heft 5) has also argued in favor of a chief sexual period in the year in man, with secondary and even tertiary climaxes, in March, August, and December. He finds that in some families, for several generations, birthdays tend to fall in the same months, but his paper is, on the whole, inconclusive.

Some years ago, Prof. J. B. Hayeraft argued, on the basis of data furnished by Scotland, that the conception-rate corresponds to the temperature-curve (Hayeraft, "Physiological Results of Temperature Variation, *Transactions of the Royal Society of Edinburgh*, vol. xxix, 1880). "Temperature," he concluded, "is the main factor regulating the variations in the number of conceptions which occur during the year. It increases their number with its elevation, and this on an average of 0.5 per cent. for an elevation of 1° F." Whether or not this theory may fit the facts as regards Scotland, it is certainly altogether untenable when we take a broader view of the phenomena.

Recently Dr. Paul Gaedeken of Copenhagen has argued in a detailed statistical study ("La Réaction de l'Organisme sous l'Influence Physico-Chimiques des Agents Météorologiques," *Archives d'Anthropologie*

¹ Hill, *Nature*, July 12, 1888.

Criminelle, Feb., 1909) that the conception-rate, as well as the periodicity of suicide and allied phenomena, is due to the action of the chemical rays on the unpigmented skin in early spring, this action being physiologically similar to that of alcohol. He seeks thus to account for the marked and early occurrence of such periodic phenomena in Greenland and other northern countries where there is much chemical action (owing to the clear air) in early spring, but little heat. This explanation would not cover an autumnal climax, the existence of which Gaedeke denies.

In order to obtain a fairly typical conception-curve for Europe, and to allow the variations of local habit and custom to some extent to annihilate each other, I have summated the figures given by Mayr for about a quarter of a million births in Germany, France, and Italy,¹ obtaining a curve (Chart 2) of the conception-rate which may be said roughly to be that of Europe generally. If we begin at September as the lowest point, we find an autumn rise culminating in the lesser maximum of Christmas, followed by a minor depression in January and February. Then comes the great spring rise, culminating in May, and followed after June by a rapid descent to the minimum.

In Canada (see *e.g.*, *Report of the Registrar General of the Province of Ontario* for 1904), the maximum and minimum of conceptions alike fall later than in Europe; the months of maximum conception are June, July, and August; of minimum conception, January, February, and March. June is the favorite month for marriage.

It would be of some interest to know the conception-curve for the well-to-do classes, who are largely free from the industrial and social influences which evidently, to a great extent, control the conception-rate. It seems probable that the seasonal influence would here be specially well shown. The only attempt I have made in this direction is to examine a well-filled birthday-book. The entries show a very high and equally maintained maximum of conceptions throughout April, May and June, followed by a marked minimum during the next three months, and an autumn rise very strongly marked, in November. There is no December rise. As will be seen, there is here a fairly exact resemblance to the yearly ebolic curve of people of the same class. The inquiry needs, however, to be extended to a very much larger number of cases.

¹ G. Mayr, *Die Gesetzmässigkeit im Gesellschaftsleben*, 1877, p. 240.

Mr. John Douglass Brown, of Philadelphia, has kindly prepared and sent me, since the above was written, a series of curves showing the annual periodicity of births among the educated classes in the State of Pennsylvania, using the statistics as to 4,066 births contained in the Biographical Catalogue of Matriculates of the College of the University of Pennsylvania. Mr. Brown prepared four curves: the first, covering the earliest period, 1757-1859; the second, the period 1860-1876; the third, 1877-1893; while the fourth presented the summated results for the whole period. (The dates named are those of the entry to classes, and not of actual occurrence of birth.) A very definite and well-marked curve is shown, and the average number of births (not conceptions) per day, for the whole period, is as follows:—

Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
10.5	11.4	11	8.3	10.2	10.5	11.5	12.6	12.3	11.6	12	11.7

There is thus a well-marked minimum of conceptions (a depression appearing here in each of the three periods, separately) about the month of July. (In the second period, however, which contains the smallest number of births, the minimum occurs in September.) From that low minimum there is steady and unbroken rise up to the chief maximum in November. (In the first period, however, the maximum is delayed till January, and in the second period it is somewhat diffused.) There is a tendency to a minor maximum in February, specially well marked in the third and most important period, and in the first period delayed until March.

A very curious and perhaps not accidental coincidence might be briefly pointed out before we leave this part of the subject. It is found¹ by taking 3000 cases of children dying under one year that, among the general population, children born in February and September (and therefore conceived in May and December) appear to possess the greatest vitality, and those born in June, and, therefore, conceived in September, the least vitality.² As we have seen, May and December are precisely the periods

¹ Edward Smith (*Health and Disease*), who attributes this to the lessened vitality of offspring at that season. Reukemann also states that children born in September have most vitality.

² Westermarck has even suggested that the December maximum of conceptions may be due to better chance of survival for September offspring (*Human Marriage*, Chapter II). It may be noted that though the maximum of conceptions is in May, relatively the smallest proportion of boys is conceived at that time. (Rauber, *Der Ueberchuss an Knabengeburten*, p. 30.)

when conceptions in Europe generally are at a maximum, and September is precisely the period when they are at a minimum, so that, if this coincidence is not accidental, the strongest children are conceived when there is the strongest tendency to procreate, and the feeblest children when that tendency is feeblest.

Nelson, in his study of dreams and their relation to seasonal ecbohic manifestations, does not present any yearly ecbohic curve, as the two years and a half over which his observations extend scarcely supply a sufficient basis. On examining his figures, however, I find there is a certain amount of evidence of a yearly rhythm. There are spring and autumn climaxes throughout (in February and in November); there is no December rise. During one year there is a marked minimum from May to September, though it is but slightly traceable in the succeeding year. These figures are too uncertain to prove anything, but, as far as they go, they are in fair agreement with the much more extensive record, that of W. K. (*ante* p. 113), which I have already made use of in discussing the question of a monthly rhythm. This record, covering nearly twelve years, shows a general tendency, when the year is divided into four periods (November-January, February-April, May-July, August-October) and the results summated, to rise steadily throughout, from the minimum in the winter period to the maximum in the autumn period. This steady upward progress is not seen in each year taken separately. In three years there is a fall in passing from the November-January to the February-April quarter (always followed by a rise in the subsequent quarter); in three cases there is a fall in passing from the second to the third quarter (again always followed by a rise in the following quarter), and in two successive years there is a fall in passing from the third to the fourth quarter. If, however, beginning at the second year, we summate the results for each year with those for all previous years, a steady rise from season to season is seen throughout. If we analyze the data according to the months of the year, still more precise and interesting results (as shown in the curve, Chart 3) are obtained; two maximum points are seen, one in spring (March), one in autumn (October, or, rather, August-

October), and each of these maximum points is followed by a steep and sudden descent to the minimum points in April and in December. If we compare this result with Perry-Coste's, also extending over a long series of years, we find a marked similarity. In both alike there are spring and autumn maxima, in both the autumn maximum is the highest, and in both also there is an intervening fall. In both cases, again, the maxima are followed by steep descents, but while in both the spring maximum occurs in March, in Perry-Coste's case the second maximum, though of precisely similar shape, occurs earlier, in June-September instead of August-October. In Perry-Coste's case, also, there is an apparently abnormal tendency, only shown in the more recent years of the record, to an additional maximum in January. The records certainly show far more points of agreement than of discrepancy, and by their harmony, as well with each other as with themselves, when the years are taken separately, certainly go far to prove that there is a very marked annual rhythm in the phenomena of seminal emissions during sleep, or, as Nelson has termed it, the *ecbolic curve*. We see, also, that the great yearly organic climax of sexual effervescence corresponds with the period following harvest, which, throughout the primitive world, has been a season of sexual erethism and orgy; though those customs have died out of our waking lives, they are still imprinted on our nervous texture, and become manifest during sleep.

The fresh records that have reached me since the first edition of this book was published show well-marked annual curves, though each curve always has some slight personal peculiarities of its own. The most interesting and significant is that of E. M. (see *ante* p. 116), covering four years. It is indicated by the following monthly frequencies, summated for the four years:—

Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
16	13	14	22	19	19	12	12	14	14	12	24

E. M. lives in India. April, May, and June, are hot months, but not unhealthy, and during this season, moreover, he lives in the hills, under favorable conditions, getting plenty of outdoor exercise. July, August, and September, are nearly as hot, but much damper, and more trying; during these months, E. M. is living in the city, and his work is then,

also, more exacting than at other times. September is the worst month of all; he has a short holiday at the end of it. During December, January, and February, the climate is very fine, and E. M.'s work is easier. It will be seen that his ecboic curve corresponds to his circumstances and environment, although until he analyzed the record he had no idea that any such relationship existed. Unfavorable climatic conditions and hard work, favorable conditions and lighter work, happen to coincide in his life, and the former depress the frequency of seminal emissions; the latter increase their frequency. At the same time, the curve is not out of harmony with the northern curves. There is what corresponds to a late spring (April) climax, and another still higher, late autumn (December) climax. A very interesting point is the general resemblance of the ecboic curves to the Indian conception-curves as set forth by Hill (*ante* p. 140). The conception-curve is at its lowest point in September, and at its highest point in December-January, and this ecboic curve follows it, except that both the minimum and the maximum are reached a little earlier. When compared with the English annual ecboic curves (W. K. and Perry-Coste), both spring and autumn maxima fall rather later, but all agree in representing the autumn rise as the chief climax.

The annual curve of A. N. (*ante* p. 117), who lives in Indiana, U. S. A., also covers four years. It presents the usual spring (May-June, in this case) and autumn (September-October) climaxes. The exact monthly results, summated for the four years, are given below; in order to allow for the irregular lengths of the months, I have reduced them to daily averages, for convenience treating the four years as one year:—

Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
13	9	13	20	23	22	20	20	21	23	9	16
.42	.32	.42	.66	.74	.73	.64	.64	.70	.74	.30	.52

In his book on *Adolescence*, Stanley Hall refers to three ecboic records in his possession, all made by men who were doctors of philosophy, and all considering themselves normal. The best of these records made by "a virtuous, active and able man," covered nearly eight years. Stanley Hall thus summarizes the records, which are not presented in detail: "The best of these records averages about three and a half such experiences per month, the most frequent being 5.14 for July, and the least frequent 2.28, for September, for all the years taken together. There appears also a slight rise in April, and another in November, with a fall in December." The frequency varies in the different individuals. There was no tendency to a monthly cycle. In the best case, the minimum number for the year was thirty-seven, and the maximum, fifty. Fifty-nine per cent. of all were at an interval of a week or less;

forty per cent. at an interval of from one to four days; thirty-four per cent. at an interval of from eight to seventeen days, the longest being forty-two days. Poor condition, overwork, and undersleep, led to infrequency. Early morning was the most common time. Normally there was a sense of distinct relief, but in low conditions, or with over-frequency, depression (G. S. Hall, *Adolescence*, vol. i, p. 453.) I may add that an anonymous article on "Nocturnal Emissions" (*American Journal of Psychology*, Jan., 1904) is evidently a fuller presentation of the first of Stanley Hall's three cases. It is the history of a healthy, unmarried, chaste man, who kept a record of his nocturnal emissions (and their accompanying dreams) from the age of thirty to thirty-eight. In what American State he lived is not mentioned. He was ignorant of the existence of any previous records. The yearly average was 37 to 50, remaining fairly constant; the monthly average was 3.43. I reproduce the total results summated for the months, separately, and I have worked out the daily average for each month, for convenience counting the summated eight years as one year:—

Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
27	27	27	31	29	28	36	25	18	27	30	24
.87	.94	.87	1.03	.93	.93	1.16	.81	.60	.87	1.00	.77

Here, as in all the other curves we have been able to consider, we may see the usual two points of climax in spring and in autumn; the major climax covers April, May, June, and July, the minor autumnal climax is confined to November. In the light of the evidence which has thus accumulated, we may conclude that the existence of an annual ebb-tide curve, with its spring and autumn climaxes, as described in the first edition of this book, is now definitely established.

If we are to believe, as these records tend to show, that the nocturnal and involuntary voice of the sexual impulse usually speaks at least as loudly in autumn as in spring, we are confronted by a certain divergence of the sleeping sexual impulse from the waking sexual instinct, as witnessed by the conception-curve, and also, it may be added, by the general voice of tradition, and, indeed, of individual feeling, which concur, on the whole, in placing the chief epoch of sexual activity in spring and early summer, more especially as regards women.¹ It is not impossible to reconcile the contradiction, assuming it to be real, but I will

¹ Krieger found that the great majority of German women investigated by him menstruated for the first time in September, October, or November. In America, Bowditch states that the first menstruation of country girls more often occurs in spring than at any other season.

refrain here from suggesting the various explanations which arise. We need a broader basis of facts.

There are many facts to show that early spring and, to a certain extent, autumn are periods of visible excitement, mainly sexual in character. We have already seen that among the Eskimo menstruation and sexual desire occur chiefly in spring, but cases are known of healthy women in temperate climes who only menstruate twice a year, and in such cases the menstrual epochs appear to be usually in spring and autumn. Such, at all events, was the case in a girl of 20, whose history has been recorded by Dr. Mary Wenck, of Philadelphia.¹ She menstruated first when 15 years old. Six months later the flow again appeared for the second time, and lasted three weeks, without cessation. Since then, for five years, she menstruated during March and September only, each time for three weeks, the flow being profuse, but not exhaustingly so, without pain or systemic disturbance. Examination revealed perfectly normal uterus and ovarian organs. Treatment, accompanied by sitz-baths during the time of month the flow should appear, accomplished nothing. The semi-annual flow continued and the girl seemed in excellent health.

It is a remarkable fact that, as noted by Dr. Hamilton Wey at Elmira, sexual outbursts among prisoners appear to occur at about March and October. "Beginning with the middle of February," writes Dr. Wey in a private letter, "and continuing for about two months, is a season of ascending sexual wave; also the latter half of September and the month of October. We are now (March 30th) in the midst of a wave."

According to Chinese medicine, it is the spring which awakens human passions. In early Greek tradition, spring and summer were noted as the time of greatest wantonness. "In the season of toilsome summer," says Hesiod (*Works and Days*, xi, 569-90), "the goats are fattest, wine is best, women most wanton, and men weakest." It was so, also, in the experience of the Romans. Pliny (*Natural History*, Bk. XII, Ch. XLIII) states that when the asparagus blooms and the cicada sings loudest, is the season when women are most amorous, but

¹ *Women's Medical Journal*, 1894.

men least inclined to pleasure. Paulus Ægineta said that hysteria specially abounds during spring and autumn in lascivious girls and sterile women, while more recent observers have believed that hysteria is particularly difficult to treat in autumn. Oribasius (*Synopsis*, lib. i, cap. 6) quotes from Rufus to the effect that sexual feeling is most strong in spring, and least so in summer. Rabelais said that it was in March that the sexual impulse is strongest, referring this to the early warmth of spring, and that August is the month least favorable to sexual activity (*Pantagruel*, liv. v, Ch. XXIX). Nipho, in his book on love dedicated to Joan of Aragon, discussed the reasons why "we men are more lustful and amorous in summer, and men in winter." Venette, in his *Génération de l'homme*, harmonized somewhat conflicting statements with the observation that spring is the season of love for both men and women; in summer, women are more amorous than men; in autumn, men revive to some extent, but are still oppressed by the heat, which, sexually, has a less depressing effect on women. There is probably a real element of truth in this view, and both extremes of heat and cold may be regarded as unfavorable to masculine virility. It is highly probable that the well-recognized tendency of piles to become troublesome in spring and in autumn, is due to increased sexual activity. Piles are favored by congestion, and sexual excitement is the most powerful cause of sudden congestion in the genito-anal region. Erasmus Darwin called attention to the tendency of piles to recur about the equinoxes (*Zoönomia*, Section XXXVI), and since his days Gant, Bonavia, and Cullimore have correlated this periodicity with sexual activity.

Laycock, quoting the opinions of some earlier authorities as to the prevalence of sexual feeling in spring, stated that that popular opinion "appears to be founded on fact" (*Nervous Diseases of Women*, p. 69). I find that many people, and perhaps especially women, confirm from their own experience, the statement that sexual feeling is strongest in spring and summer. Wichmann states that pollutions are most common in spring (being perhaps the first to make that statement), and also nymphomania. (In the eighteenth century, Schurig recorded a case of extreme and life-long sexual desire in a woman whose salacity was always at its height towards the festival of St. John, *Gynæcologia*, p. 16.) A correspondent in the Argentine Republic writes to me that "on big estancias, where we have a good many shepherds, nearly always married, or, rather, I should say, living with some woman (for our standard of morality is not very high in these parts), we always look out for trouble in springtime, as it is a very common thing at this season for wives to leave their husbands and go and live with some other man." A corresponding tendency has been noted even among children. Thus, Sanford Bell ("The Emotion of Love Between the Sexes," *American Journal Psychology*, July, 1902) remarks: "The season of the year

seems to have its effect upon the intensity of the emotion of sex-love among children. One teacher, from Texas, who furnished me with seventy-six cases, said that he had noticed that in the matter of love children seemed 'fairly to break out in the springtime.' Many of the others who reported, incidentally mentioned the love affairs as beginning in the spring. This also agrees with my own observations."

Crichton-Browne remarks that children in springtime exhibit restlessness, excitability, perversity, and indisposition to exertion that are not displayed at other times. This condition, sometimes known as "spring fever," has been studied in over a hundred cases, both children and adults, by Kline. The majority of these report a feeling of tiredness, languor, lassitude, sometimes restlessness, sometimes drowsiness. There is often a feeling of suffocation, and a longing for Nature and fresh air and day-dreams, while work seems distasteful and unsatisfactory. Change is felt to be necessary at all costs, and sometimes there is a desire to begin some new plan of life.¹ In both sexes there is frequently a wave of sexual emotion, a longing for love. Kline also found by examination of a very large number of cases that between the ages of four and seventeen it is in spring that running away from home most often occurs. He suggests that this whole group of phenomena may be due to the shifting of the metabolic processes from the ordinary grooves into reproductive channels, and seeks to bring it into connection with the migrations of animals for reproductive purposes.²

It has long been known that the occurrence of insanity follows an annual curve,³ and though our knowledge of this curve, being founded on the date of admissions to asylums, cannot be said to be quite precise, it fairly corresponds to the outbreaks of

¹ It is, perhaps, worth while noting that the wisdom of the mediæval Church found an outlet for this "spring fever" in pilgrimages to remote shrines. As Chaucer wrote, in the *Canterbury Tales*:—

"Whan^e that Aprille with his showers sote
The droughts of March hath piercèd to the root,
Thaen longen folk to gon on pilgrimages,
And palmers for to seeken strangé stronds."

² L. W. Kline, "The Migratory Impulse," *American Journal of Psychology*, 1898, vol. x, especially pp. 21-24.

³ Mania comes to a crisis in spring, said the old physician, Aretæus (Bk. I, Ch. V).

acute insanity. The curve presented in Chart 4 shows the admissions to the London County Council Lunatic Asylums during the years 1893 to 1897 inclusive; I have arranged it in two-month periods, to neutralize unimportant oscillations. In order to show that this curve is not due to local or accidental circumstances, we may turn to France and take a special and chronic form of mental disease: Garnier, in his *Folie à Paris*, presents an almost exactly similar curve of the admissions of cases of general paralysis to the *Infirmerie Spéciale* at Paris during the years 1886-88 (Chart 5). Both curves alike show a major climax in spring and a minor climax in autumn.

Crime in general in temperate climates tends to reach its maximum at the beginning of the hot season, usually in June. Thus, in Belgium, the minimum is in February; the maximum in June, thence gradually diminishing (Lentz, *Bulletin Société Médecine Mentale Belgique*, March, 1901). In France, Lacassagne has summated the data extending over more than 40 years, and finds that for all crimes June is the maximum month, the minimum being reached in November. He also gives the figures for each class of crime separately, and every crime is found to have its own yearly curve. Poisonings show a chief maximum in May, with slow fall and a minor climax in December; assassinations have a February and a November climax. Parricides culminate in May-June, and in October (Lacassagne's tables are given by Laurent, *Les Habitudes des Prisons de Paris*, Ch. 1).

Notwithstanding the general tendency for crime to reach its maximum in the first hot month (a tendency not necessarily due to the direct influence of heat), we also find, when we consider the statistics of crime generally (including sexual crime), that there is another tendency for minor climaxes in spring and autumn. Thus, in Italy, Penta, taking the statistics of nearly four thousand crimes (murder, highway robbery, and sexual offences), found the maximum in the first summer months, but there were also minor climaxes in spring and in August and September (Penta, *Rivista Mensile di Psichiatria*, 1899). In nearly all Europe (as is shown by a diagram given by Lombroso and Laschi, at the end of the first volume of *Le Crime Politique*), while the chief climaxes occur about July, there is, in most countries, a distinct tendency to spring (usually about March) and autumn (September and November) climaxes, though they rarely rise as high as the July climax.

If we consider the separate periodicity of sexual offences, we find that they follow the rule for crimes generally, and usually show a

nief maximum in early summer. Aschaffenburg finds that the annual periodicity of the sexual impulse appears more strongly marked the more abnormal its manifestations, which he places in the following order of increasing periodicity: conceptions in marriage, conceptions out of marriage, offences against decency, rape, assaults on children (*Centralblatt für Nervenheilkunde*, January, 1903). In France, rapes and offences against modesty are most numerous in May, June, and July, as Villermé, Lacassagne, and others have shown. Villermé, investigating 1,000 such cases, found a gradual ascent in frequency (only slightly broken in March) to a maximum in June (oscillating between May and July, when the years are considered separately), and then a gradual descent to a minimum in December. Legludic gives, for the 150 cases he had investigated, a table showing a small February-March climax, and a large June-August maximum, the minimum being reached in November-January. (Legludic, *Attentats aux Mœurs*, 1896, p. 16.) In Germany, Aschaffenburg finds that sexual offences begin to increase in March and April, reach a maximum in June or July, and fall to a minimum in winter (*Monatsschrift für Psychiatrie*, 1903, Heft 2). In Italy, Penta shows that sexual offences reach a minor climax in May (corresponding, in his experience, with the maximum for crimes generally, as well as with the maximum for conceptions), and a more marked climax in August-September (Penta, *I Pervertimenti Sessuali*, 1893, p. 115; *id. Rivista Mensile di Psichiatria*, 1899).

Corre, in his *Crime en Pays Créole*, presents charts of the seasonal distribution of crime in Guadeloupe, with relation to temperature, which show that while, in a mild temperature like that of France and England, crime attains its maximum in the hot season, it is not so in a more tropical climate; in July, when in Guadeloupe the heat attains its maximum degree, crime of all kinds falls suddenly to a very low minimum. Even in the United States, where the summer heat is often excessive, it tends to produce a diminution of crime.

Dexter, in an elaborate study of the relationship of conduct to the weather, shows that in the United States assaults present the maximum of frequency in April and October, with a decrease during the summer and the winter. "The unusual and interesting fact demonstrated here with a certainty that cannot be doubted is," he concludes, "that the unseasonably hot days of spring and autumn are the pugnacious ones, even though the actual heat be much less than for summer. We might infer from this that conditions of heat, up to a certain extent, are vitalizing, while, at the same time, irritating, but above that limit, heat is so devitalizing in its effects as to leave hardly energy enough to carry on a fight." (E. G. Dexter, *Conduct and the Weather*, 1899, pp. 63 *et seq.*)

It is not impossible that the phenomena of seasonal periodicity in crimes may possess a real significance in relation to sexual periodicity. If, as is possible, the occurrence of spring and autumn climaxes of criminal activity is due less to any special exciting causes at these seasons than to the depressing influences of heat and cold in summer and winter, it may appear reasonable to ask whether the spring and autumn climaxes of sexual activity are not really also largely due to a like depressing influence of extreme temperatures at the other two seasons.

Not only is there periodicity in criminal conduct, but even within the normal range of good and bad conduct seasonal periodicity may still be traced. In his *Physical and Industrial Training of Criminals*, H. D. Wey gives charts of the conduct of seven prisoners during several years, as shown by the marks received. These charts show that there is a very decided tendency to good behavior during summer and winter, while in spring (February, March, and April) and in autumn (August, September and October) there are very marked falls to bad conduct, each individual tending to adhere to a conduct-curve of his own. Wey does not himself appear to have noticed this seasonal periodicity. Marro, however, has investigated this question in Turin on a large scale and reaches results not very dissimilar from those shown by Wey's figures in New York. He noted the months in which over 4,000 punishments were inflicted on prisoners for assaults, insults, threatening language, etc., and shows the annual curve in Tavola VI of his *Caratteri dei Delinquenti*. There is a marked and isolated climax in May; a still more sudden rise leads to the chief maximum of punishment in August; and from the minimum in October there is rapid ascent during the two following months to a climax much inferior to that of May.

The seasonal periodicity of bad conduct in prisons is of interest as showing that we cannot account for psychic periodicity by invoking exclusively social causes. This theory of psychic periodicity has been seriously put forward, but has been investigated and dismissed, so far as crime in Holland is concerned, by J. R. B. de Roos, in the Transactions of the sixth Congress of Criminal Anthropology, at Turin, in 1906 (*Archivio di Psichiatria* fasc. 3, 1906).

The general statistics of suicides in Continental Europe show a very regular and unbroken curve, attaining a maximum in June and a minimum in December, the curve rising steadily through the first six months, sinking steadily through the last six months, but always reaching a somewhat greater height in May than in July.¹ Morselli shows that in various European countries there is always a rise in spring and in autumn (October or November).² Morselli attributes these spring and autumn rises to the influence of the strain of the early heat and the early cold.³ In England, also, if we take a very large number of statistics, for instance, the figures for London during the twenty years between 1865 and 1884, as given by Ogle (in a paper read before the Statistical Society in 1886), we find that, although the general curve has the same maximum and minimum points, it is interrupted by a break on each side of the maximum, and these two breaks occur precisely at about March and October.⁴ This is shown in the curve in Chart 6, which presents the daily average for the different months.

The growth of children follows an annual rhythm. Wahl, the director of an educational establishment for homeless girls in Denmark, who investigated this question, found that the increase of weight for all the ages investigated was constantly about 33 per cent. greater in the summer half-year than in the winter half-year. It was noteworthy that even the children who had

¹ This is, at all events, the case in France, Prussia, and Italy. See, for instance, Durkheim's discussion of the cosmic factors of suicide, *Le Suicide*, 1897, Chapter III. In Spain, as Bernaldo de Quirós shows (*Criminologia*, p. 69), there is a slight irregular rise in December, but otherwise the curve is perfectly regular, with maximum in June, and minimum in January.

² This holds good of a south European country, taken separately. A chart of the annual incidence of suicide by hanging, in Roumania, presented by Minovici (*Archives d'Anthropologie Criminelle*, 1905, p. 587), shows climaxes of equal height in May and September.

³ Morselli, *Suicide*, pp. 55-72.

⁴ Ogle himself was inclined to think that these breaks were accidental, being unaware of the allied phenomena with which they may be brought into line. It is true that (as Gaedeken objects to me) the autumnal break is very slight, but it is probably real when we are dealing with so large a mass of data.

not reached school-age, and therefore could not be influenced by school-life, showed a similar, though slighter, difference in the same direction. It is, however, Malling-Hansen, the director of an institution for deaf-mutes in Copenhagen, who has most thoroughly investigated this matter over a great many years. He finds that there are three periods of growth throughout the year, marked off in a fairly sharp manner, and that during each of these periods the growth in weight and height shows constant characteristics. From about the end of November up to about the end of March is a period when growth, both in height and weight, proceeds at a medium rate, reaching neither a maximum nor a minimum; increase in weight is slight, the increase in height, although trifling, preponderating. After this follows a period during which the children show a marked increase in height, while increase in weight is reduced to a minimum. The children constantly lose in weight during this period of growth in height almost as much as they gain in the preceding period. This period lasts from March and April to July and August. Then follows the third period, which continues until November and December. During this period increase in height is very slight, being at its early minimum; increase in weight, on the other hand, at the beginning of the period (in September and October), is rapid and to the middle of December very considerable, daily increase in weight being three times as great as during the winter months. Thus it may be said that the spring sexual climax corresponds, roughly, with growth in height and arrest of growth in weight, while the autumn climax corresponds roughly with a period of growth in weight and arrest of growth in height. Malling-Hansen found that slight variations in the growth of the children were often dependent on changes in temperature, in such a way that a rise of temperature, even lasting for only a few days, caused an increase of growth, and a fall of temperature a decrease in growth. At Halle, Schmid-Monnard found that nearly all growth in weight took place in the second half of the year, and that the holidays made little difference. In America, Peckham has shown that increase of growth is chiefly from the 1st of May

to the 1st of September.¹ Among young girls in St. Petersburg, Jenjko found that increase in weight takes place in summer. Goepel found that increase in height takes place mostly during the first eight months of the year, reaching a maximum in August, declining during the autumn and winter, in February being *nil*, while in March there is sometimes loss in weight even in healthy children.

In the course of a study as to the consumption of bread in Normal schools during each month of the year, as illustrating the relationship between intellectual work and nutrition, Binet presents a number of curves which bring out results to which he makes no allusion, as they are outside his own investigation. Almost without exception, these curves show that there is an increase in the consumption of bread in spring and in autumn, the spring rise being in February, March, and April; the autumn rise in October or November. There are, however, certain fallacies in dealing with institutions like Normal schools, where the conditions are not perfectly regular throughout the year, owing to vacations, etc. It is, therefore, instructive to find that under the monotonous conditions of prison-life precisely the same spring and autumn rises are found. Binet takes the consumption of bread in the women's prison at Clermont, where some four hundred prisoners, chiefly between the ages of thirty and forty, are confined, and he presents two curves for the years 1895 and 1896. The curves for these two years show certain marked disagreements with each other, but both unite in presenting a distinct rise in April, preceded and followed by a fall, and both present a still more marked autumn rise, in one case in September and November, in the other case in October.²

Some years ago, Sir J. Crichton-Browne stated that a manifestation of the sexual stimulus of spring is to be found in the large number of novels read during the month of March ("Address in Psychology" at the annual meeting of the British Medical Association, Leeds, 1889;

¹ *Pedagogical Seminary*, June, 1891, p. 298. For a very full summary and bibliography of investigations regarding growth, see F. Burk, "Growth of Children in Height and Weight," *American Journal of Psychology*, April, 1898.

² *L'Année Psychologique*, 1898.

Lancet, August 14, 1889). The statement was supported by figures furnished by lending libraries, and has since been widely copied. It would certainly be interesting if we could so simply show the connection between love and season, by proving that when the birds began to sing their notes, the young person's fancy naturally turns to brood over the pictures of mating in novels. I accordingly applied to Mr. Capel Shaw, Chief Librarian of the Birmingham Free Libraries (specially referred to by Sir J. Crichton-Browne), who furnished me with the Reports for 1896 and 1897-98 (this latter report is carried on to the end of March, 1898).

The readers who use the Birmingham Free Lending Libraries are about 30,000 in number; they consist very largely of young people between the ages of 14 and 25; somewhat less than half are women. Certainly we seem to have here a good field for the determination of this question. The monthly figures for each of the ten Birmingham libraries are given separately, and it is clear at a glance that without exception the maximum number of readers of prose-fiction at all the libraries during 1897-98 is found in the month of March. (I have chiefly taken into consideration the figures for 1897-98; the figures for 1896 are somewhat abnormal and irregular, probably owing to a decrease in readers, attributed to increased activity in trade, and partly to a disturbing influence caused by the opening of a large new library in the course of the year, suddenly increasing the number of readers, and drafting off borrowers from some of the other libraries.) Not only so, but there is a second, or autumnal climax, almost equalling the spring climax, and occurring with equal certainty, appearing during 1897-98 either in October or November, and during 1896, constantly in October. Thus, the periodicity of the rate of consumption of prose-fiction corresponds with the periodicity which is found to occur in the conception-rate and in sexual ebullient manifestations.

It is necessary, however, to examine somewhat more closely the tables presented in these reports, and to compare the rate of the consumption of novels with that of other classes of literature. In the first place, if, instead of merely considering the consumption of novels per month, we make allowance for the varying length of the months, and consider the average *daily* consumption per month, the supremacy of March at once vanishes. February is really the month during which most novels were read during the first quarter of 1898, except at two libraries, where February and March are equal. The result is similar if we ascertain the daily averages for the first quarter in 1897, while, in 1896 (which, however, as I have already remarked, is a rather abnormal year), the daily average for March in many of the libraries falls below that for January, as well as for February. Again, when we turn to the other classes of books, we find that this predominance which February

possesses, and to some extent shares with March and January, by no means exclusively applies to novels. It is not only shared by both music and poetry,—which would fit in well with the assumption of a sexual *nîsus*,—but the department of “history, biography, voyages, and travels” shares it also with considerable regularity; so, also, does that of “arts, sciences, and natural history,” and it is quite well marked in “theology, moral philosophy, etc.,” and in “juvenile literature.” We even have to admit that the promptings of the sexual instinct bring an increased body of visitors to the reference library (where there are no novels), for here, also, both the spring and autumnal climaxes are quite distinct. Certainly this theory carries us a little too far.

The main factor in producing this very marked annual periodicity seems to me to be wholly unconnected with the sexual impulse. The winter half of the year (from the beginning of October to the end of March), when outdoor life has lost its attractions, and much time must be spent in the house, is naturally the season for reading. But during the two central months of winter, December and January, the attraction of reading meets with a powerful counter-attraction in the excitement produced by the approach of Christmas, and the increased activity of social life which accompanies and for several weeks follows Christmas. In this way the other four winter months—October and November at the autumnal end, and February and March at the spring end—must inevitably present the two chief reading climaxes of the year; and so the reports of lending libraries present us with figures which show a striking, but fallacious, resemblance to the curves which are probably produced by more organic causes.

I am far from wishing to deny that the impulse which draws young men and women to imaginative literature is unconnected with the obscure promptings of the sexual instinct. But, until the disturbing influence I have just pointed out is eliminated, I see no evidence here for any true seasonal periodicity. Possibly in prisons—the value of which, as laboratories of experimental psychology we have scarcely yet begun to realize—more reliable evidence might be obtained; and those French and other prisons where novels are freely allowed to the prisoners might yield evidence as regards the consumption of fiction as instructive as that yielded at Clermont concerning the consumption of bread.

Certain diseases show a very regular annual curve. This is notably the case with scarlet fever. Caiger found in a London fever hospital a marked seasonal prevalence: there was a minor climax in May (repeated in July), and a great autumnal climax in October, falling to a minimum in December and January.

This curve corresponds closely to that usually observed in London.¹ It is not peculiar to London, or to urban districts, for in rural districts we find nearly the same spring minor maximum and major autumnal maximum. In Russia it is precisely the same. Many other epidemic diseases show very similar curves.

An annual curve may be found in the expulsive force of the bladder as measured by the distance to which the urinary stream can be projected. This curve, as ascertained for one case, is interesting on account of the close relationship between sexual and vesical activity. After a minimum point in autumn there is a rise through the early part of the year to a height maintained through spring and summer, and reaching its maximum in August.² This may be said to correspond with the general tendency found in some cases of nocturnal seminal emissions from a winter minimum to an autumn maximum.

There is an annual curve in voluntary muscle strength. Thus in Antwerp, where the scientific study of children is systematically carried out by a Pedological Bureau, Schuyten found that, measured by the dynamometer, both at the ages of 8 and 9, both boys and girls showed a gradual increase of strength from October to January, a fall from January to March and a rise to June or July. March was the weakest month, June and July the strongest.³

Schuyten also found an annual curve for mental ability, as tested by power of attention, which for much of the year corresponded to the curve of muscular strength, being high during the cold winter months. Lobsien, at Kiel, seeking to test Schuyten's results and adopting a different method so as to gauge memory as well as attention, came to conclusions which confirmed those of Schuyten. He found a very marked increase of ability in December and January, with a fall in April; April and May were

¹ *Lancet*, June 6, 1891. Edward Smith had pointed out many years earlier that scarlet fever is most fatal in periods of increasing vitality.

² Havelock Ellis, "The Bladder as a Dynamometer," *American Journal of Dermatology*, May, 1902.

³ See, e.g., summary in *Internationales Centralblatt für Anthropologie*, 1902, Heft 4, p. 207.

the minimum months, while July and October also stood low.¹ The inquiries of Schuyten and Lobsien thus seem to indicate that the voluntary aptitudes of muscular and mental force in children reach their maximum at a time of the year when most of the more or less involuntary activities we have been considering show a minimum of energy. If this conclusion should be confirmed by more extended investigations, it would scarcely be matter for surprise and would involve no true contradiction. It would, indeed, be natural to suppose that the voluntary and regulated activities of the nervous system should work most efficiently at those periods when they are least exposed to organic and emotional disturbance.

So persistent a disturbing element in spring and autumn suggests that some physiological conditions underlie it, and that there is a real metabolic disturbance at these times of the year. So few continuous observations have yet been made on the metabolic processes of the body that it is not easy to verify such a surmise with absolute precision. Edward Smith's investigations, so far as they go, support it, and Perry-Coste's long-continued observations of pulse-frequency seem to show with fair regularity a maximum in early spring and another maximum in late autumn.² I may also note that Haig, who has devoted many years of observations to the phenomena of uric-acid excretion, finds that uric acid tends to be highest in the spring months, (March, April, May) and lowest at the first onset of cold in October.³

Thus, while the sexual climaxes of spring and autumn are rooted in animal procreative cycles which in man have found expression in primitive festivals—these, again, perhaps, strengthening and developing the sexual rhythm—they yet have a wider significance. They constitute one among many manifestations of spring and autumn physiological disturbance corresponding with

¹ Summarized in *Zeitschrift für Psychologie der Sinnesorgane*, 1903, p. 135.

² Camerer found that from September to November is the period of greatest metabolic activity.

³ Haig, *Uric Acid*, 6th edition, 1903, p. 33.

fair precision to the vernal and autumnal equinoxes. They resemble those periods of atmospheric tension, of storm and wind, which accompany the spring and autumn phases in the earth's rhythm, and they may fairly be regarded as ultimately a physiological reaction to those cosmic influences.

AUTO-EROTISM: A STUDY OF THE SPONTANEOUS MANIFESTATIONS OF THE SEXUAL IMPULSE.

I.

Definition of Auto-erotism—Masturbation only Covers a Small Portion of the Auto-erotic Field—The Importance of this Study, especially To-day—Auto-erotic Phenomena in Animals—Among Savage and Barbaric Races—The Japanese *rin-no-tama* and other Special Instruments for Obtaining Auto-erotic Gratification—Abuse of the Ordinary Implements and Objects of Daily Life—The Frequency of Hairpin in the Bladder—The Influence of Horse-exercise and Railway Traveling—The Sewing-machine and the Bicycle—Spontaneous Passive Sexual Excitement—*Delectatio Morosa*—Day-dreaming—*Pollutio*—Sexual Excitement During Sleep—Erotic Dreams—The Analogy of Nocturnal Enuresis—Differences in the Erotic Dreams of Men and Women—The Auto-erotic Phenomena of Sleep in the Hysterical—Their Frequently Painful Character.

By "auto-erotism" I mean the phenomena of spontaneous sexual emotion generated in the absence of an external stimulus proceeding, directly or indirectly, from another person. In a wide sense, which cannot be wholly ignored here, auto-erotism may be said to include those transformations of repressed sexual activity which are a factor of some morbid conditions as well as of the normal manifestation of art and poetry, and, indeed, more or less color the whole of life.

Such a definition excludes the normal sexual excitement aroused by the presence of a beloved person of the opposite sex; it also excludes the perverted sexuality associated with an attraction to a person of the same sex; it further excludes the manifold forms of erotic fetichism, in which the normal focus of sexual attraction is displaced, and voluptuous emotions are only aroused by some object—hair, shoes, garments, etc.—which, to the ordinary lover, are of subordinate—though still, indeed, con-

siderable—importance.¹ The auto-erotic field remains extensive; it ranges from occasional voluptuous day-dreams, in which the subject is entirely passive, to the perpetual unashamed efforts at sexual self-manipulation witnessed among the insane. It also includes, though chiefly as curiosities, those cases in which individuals fall in love with themselves. Among auto-erotic phenomena, or on the borderland, we must further include those religious sexual manifestations for an ideal object, of which we may find evidence in the lives of saints and ecstasies.² The typical form of auto-erotism is the occurrence of the sexual orgasm during sleep.

I do not know that any apology is needful for the invention of the term "auto-erotism."³ There is no existing word in current use to indicate the whole range of phenomena I am here concerned with. We are familiar with "masturbation," but that, strictly speaking, only covers a special and arbitrary subdivision of the field, although, it is true, the subdivision with which physicians and alienists have chiefly occupied themselves. "Self-abuse" is somewhat wider, but by no means covers the whole ground, while for various reasons it is an unsatisfactory term. "Onanism" is largely used, especially in France, and some writers even include all forms of homosexual connection under this name; it may be convenient to do so from a physiological point of view,

¹ All the above groups of phenomena are dealt with in other volumes of these *Studies*: the manifestations of normal sexual excitement, in vols. iii, iv, and v; homosexuality, in vol. ii, and erotic fetichism, in vol. v.

² See Appendix C.

³ Jettamendi, of Madrid, has suggested "*auto-crustia*" to cover what is probably much the same field. In the beginning of the nineteenth century, Hufeland, in his *Makrobiotic*, invented the term "*geistige Onanie*," to express the filling and heating of the imagination with voluptuous images, without unchastity of body; and in 1844, Kaan, in his *Psychopathia Sexualis*, used, but did not invent, the term "*onanis psychica*." Gustav Jaeger, in his *Entdeckung der Seele*, proposed "monosexual idiosyncrasy," to indicate the most animal forms of masturbation taking place without any correlative imaginative element, a condition illustrated by cases given in Moll's *Untersuchungen über die Libido Sexualis*, Bd. I, pp. 13 *et seq.* Dr. Laughton (a pseudonym for the accomplished psychologist, Dr. Saint-Paul) uses the term *autophilie*, for solitary vice. (*Perversion et Perversité Sexuelles*, 1890, p. 337.) But all these terms only cover a portion of the field.

but it is a confusing and antiquated mode of procedure, and from the psychological standpoint altogether illegitimate; "onanism" ought never to be used in this connection, if only on the ground that Onan's device was not auto-erotic, but was an early example of withdrawal before emission, or *coitus interruptus*.

While the name that I have chosen may possibly not be the best, there should be no question as to the importance of grouping all these phenomena together. It seems to me that this field has rarely been viewed in a scientifically sound and morally sane light, simply because it has not been viewed as a whole. We have made it difficult so to view it by directing our attention on the special group of auto-erotic facts—that group included under masturbation—which was most easy to observe and which in an extreme form came plainly under medical observation in insanity and allied conditions, and we have wilfully torn this group of facts away from the larger group to which it naturally belongs. The questions which have been so widely, so diversely, and—it must unfortunately be added—often so mischievously discussed, concerning the nature and evils of masturbation are not seen in their true light and proportions until we realize that masturbation is but a specialized form of a tendency which in some form or in some degree normally affects not only man, but all the higher animals. From a medical point of view it is often convenient to regard masturbation as an isolated fact; but in order to understand it we must bear in mind its relationships. In this study of auto-erotism I shall frequently have occasion to refer to the old entity of "masturbation," because it has been more carefully studied than any other part of the auto-erotic field; but I hope it will always be borne in mind that the psychological significance and even the medical diagnostic value of masturbation cannot be appreciated unless we realize that it is an artificial subdivision of a great group of natural facts.

The study of auto-erotism is far from being an unimportant or merely curious study. Yet psychologists, medical and non-medical, almost without exception, treat its manifestations—when they refer to them at all—in a dogmatic and off-hand manner which is far from scientific. It is not surprising, therefore,

that the most widely divergent opinions are expressed. Nor is it surprising that ignorant and chaotic notions among the general population should lead to results that would be ludicrous if they were not pathetic. To mention one instance known to me: a married lady who is a leader in social-purity movements and an enthusiast for sexual chastity, discovered, through reading some pamphlet against solitary vice, that she had herself been practicing masturbation for years without knowing it. The profound anguish and hopeless despair of this woman in face of what she believed to be the moral ruin of her whole life cannot well be described. It would be easy to give further examples, though scarcely a more striking one, to show the utter confusion into which we are thrown by leaving this matter in the hands of blind leaders of the blind. Moreover, the conditions of modern civilization render auto-erotism a matter of increasing social significance. As our marriage-rate declines, and as illicit sexual relationships continue to be openly discouraged, it is absolutely inevitable that auto-erotic phenomena of one kind or another, not only among women but also among men, should increase among us both in amount and intensity. It becomes, therefore, a matter of some importance, both to the moralist and the physician, to investigate the psychological nature of these phenomena and to decide precisely what their attitude should be toward them.

I do not purpose to enter into a thorough discussion of all the aspects of auto-erotism. That would involve a very extensive study indeed. I wish to consider briefly certain salient points concerning auto-erotic phenomena, especially their prevalence, their nature, and their moral, physical, and other effects. I base my study partly on the facts and opinions which during the last thirty years have been scattered through the periodical and other medical literature of Europe and America, and partly on the experience of individuals, especially of fairly normal individuals.

Among animals in isolation, and sometimes in freedom—though this can less often be observed—it is well known that various forms of spontaneous solitary sexual excitement occur. Horses when leading a lazy life may be observed flapping the

penis until some degree of emission takes place. Welsh ponies, I learn from a man who has had much experience with these animals, habitually produce erections and emissions in their stalls; they do not bring their hind quarters up during this process, and they close their eyes, which does not take place when they have congress with mares. The same informant observed that bulls and goats produce emissions by using their forelegs as a stimulus, bringing up their hind quarters, and mares rub themselves against objects. I am informed by a gentleman who is a recognized authority on goats, that they sometimes take the penis into the mouth and produce actual orgasm, thus practicing autofellatio. As regards ferrets, the Rev. H. Northcote states: "I am informed by a gentleman who has had considerable experience of ferrets, that if the bitch, when in heat, cannot obtain a dog she pines and becomes ill. If a smooth pebble is introduced into the hutch, she will masturbate upon it, thus preserving her normal health for one season. But if this artificial substitute is given to her a second season, she will not, as formerly, be content with it."¹

Stags in the rutting season, when they have no partners, rub themselves against trees to produce ejaculation. Sheep masturbate; as also do camels, pressing themselves down against convenient objects; and elephants compress the penis between the hind legs to obtain emissions.² Blumenbach observed a bear act somewhat similarly on seeing other bears coupling, and hyenas, according to Ploss and Bartels, have been seen practicing mutual masturbation by licking each other's genitals. Mammary masturbation, remarks Féré, is found in certain female and even male animals, like the dog and the cat.³ Apes are much given to masturbation, even in freedom, according to the evidence of good observers; for while no female apes are celibates, many of

¹ H. Northcote, *Christianity and Sex Problems*, p. 231.

² Rosse observed two elephants procuring erection by entwining their proboscides, the act being completed by one elephant opening his mouth and allowing the other to tickle the roof of it. (I. Rosse, *Virginia Medical Monthly*, October, 1892.)

³ Féré, "Perversions sexuelles chez les animaux," *Revue Philosophique*, May, 1897.

the males are obliged to lead a life of celibacy.¹ Male monkeys use the hand in masturbation, to rub and shake the penis.²

In the human species these phenomena are by no means found in civilization alone. To whatever extent masturbation may have been developed by the conditions of European life, which carry to the utmost extreme the concomitant stimulation and repression of the sexual emotions, it is far from being, as Mantegazza has declared it to be, one of the moral characteristics of Europeans.³ It is found among the people of nearly every race of which we have any intimate knowledge, however natural the conditions under which men and women may live.⁴ Thus,

¹ Tillier, *L'Instinct Sexuel*, 1889, p. 270.

² Moll, *Libido Sexualis*, B.I. I, p. 76. The same author mentions (*ibid.*, p. 373) that parrots living in solitary confinement masturbate by rubbing the posterior part of the body against some object until ejaculation occurs. Edmund Selous ("Habits of the Peewit," *Zoologist*, April, 1902) suggests that the peewit, when rolling on the ground, and exerting pressure on the anal region, is moved by a sexual impulse to satisfy desire; he adds that actual orgasm appears eventually to take place, a spasm of energy passing through the bird.

³ Dr. J. W. Howe (*Excessive Vncery, Masturbation, and Continence*, London and New York, 1883, p. 62) writes of masturbation: "In savage lands it is of rare occurrence. Savages live in a state of Nature. No moral obligations exist which compel them to abstain from a natural gratification of their passions. There is no social law which prevents them from following the dictates of their lower nature. Hence, they have no reason for adopting onanism as an outlet for passions. The moral trammels of civilized society, and ignorance of physiological laws, give origin to the vice." Every one of these six sentences is incorrect or misleading. They are worth quoting as a statement of the popular view of savage life.

⁴ I can recall little evidence of its existence among the Australian aborigines, though there is, in the Wiradyuri language, spoken over a large part of New South Wales, a word (whether ancient or not, I do not know) meaning masturbation (*Journal of the Anthropological Institute*, July-Dec., 1904, p. 303). Dr. W. Roth (*Ethnological Studies Among the Northwest-Central Queensland Aborigines*, p. 184), who has carefully studied the blacks of his district, remarks that he has no evidence as to the practice of either masturbation or sodomy among them. More recently (1906) Roth has stated that married men in North Queensland and elsewhere masturbate during their wives' absence. As regards the Maori of New Zealand, Northcote adds, there is a rare word for masturbation (as also at Rarotonga), but according to a distinguished Maori scholar there are no allusions to the practice in Maori literature, and it was probably not practiced in primitive times. The Maori and the Polynesians of the Cook Islands, Northcote remarks, consider the act unmanly, applying to it a phrase meaning "to make women of themselves." (Northcote, *loc. cit.*, p. 232.)

among the Nama Hottentots, among the young women at all events, Gustav Fritsch found that masturbation is so common that it is regarded as a custom of the country; no secret is made of it, and in the stories and legends of the race it is treated as one of the most ordinary facts of life. It is so also among the Basutos, and the Kaffirs are addicted to the same habit.¹ The Fuegians have a word for masturbation, and a special word for masturbation by women.² When the Spaniards first arrived at Vizcaya, in the Philippines, they found that masturbation was universal, and that it was customary for the women to use an artificial penis and other abnormal methods of sexual gratification. Among the Balinese, according to Jacobs (as quoted by Ploss and Bartels), masturbation is general; in the boudoir of many a Bali beauty, he adds, and certainly in every harem, may be found a wax penis to which many hours of solitude are devoted. Throughout the East, as Eram, speaking from a long medical experience, has declared, masturbation is very prevalent, especially among young girls. In Egypt, according to Sonnini, it is prevalent in harems. In India, a medical correspondent tells me, he once treated the widow of a wealthy Mohammedan, who informed him that she began masturbation at an early age, "just like all other women." The same informant tells me that on the *façade* of a large temple in Orissa are bas-reliefs, representing both men and women, alone, masturbating, and also women masturbating men. Among the Tamils of Ceylon masturbation is said to be common. In Cochin China, Lorion remarks, it is practiced by both sexes, but especially by the married women.³ Japanese women have probably carried the mechanical arts of auto-erotism to the highest degree of perfection. They use two hollow balls about the size of a pigeon's egg (sometimes

¹ Greenlees, *Journal of Mental Science*, July, 1895. A gentleman long resident among the Kaffirs of South Natal, told Northcote, however, that he had met with no word for masturbation, and did not believe the practice prevailed there.

² Hyades and Deniker, *Mission Scientifique du Cap Horn*, vol. vii, p. 295.

³ *La Criminalité en Oochin-Chine*, 1887, p. 116; also Mondière, "Monographie de la Femme Annamite," *Mémoires Société d'Anthropologie*, tome ii, p. 465.

one alone is used), which, as described by Joest, Christian, and others,¹ are made of very thin leaf of brass; one is empty, the other (called the little man) contains a small heavy metal ball, or else some quicksilver, and sometimes metal tongues which vibrate when set in movement; so that if the balls are held in the hand side by side there is a continuous movement. The empty one is first introduced into the vagina in contact with the uterus, then the other; the slightest movement of the pelvis or thighs, or even spontaneous movement of the organs, causes the metal ball (or the quicksilver) to roll, and the resulting vibration produces a prolonged voluptuous titillation, a gentle shock as from a weak electric inductive apparatus; the balls are called *rin-no-tama*, and are held in the vagina by a paper tampon. The women who use these balls delight to swing themselves in a hammock or rocking-chair, the delicate vibration of the balls slowly producing the highest degree of sexual excitement. Joest mentions that this apparatus, though well known by name to ordinary girls, is chiefly used by the more fashionable *geishas*, as well as by prostitutes. Its use has now spread to China, Annam, and India. Japanese women also, it is said, frequently use an artificial penis of paper or clay, called *engi*. Among the Atjeh, again, according to Jacobs (as quoted by Ploss), the young of both sexes masturbate and the elder girls use an artificial penis of wax. In China, also, the artificial penis—made of rosin, supple and (like the classical instrument described by Herondas) rose-colored—is publicly sold and widely used by women.²

¹ Christian, article on "Onanisme," *Dictionnaire encyclopédique des sciences médicales*; Ploss and Bartels, *Das Weib*; Moraglia, "Die Onanie beim normalen Weibe," *Zeitschrift für Criminal-Anthropologie*, 1907, p. 111. ² *Procréation Volontaire des Sexes*, p. 32. In the *rin-no-tama* was known in France, sometimes . . . Thus Bachaumont, in his *Journal* (under date July 31, 1773), refers to "a very extraordinary instrument of amorous mystery," brought by a traveler from India; he describes this "boule erotique" as the size of a pigeon's egg, covered with soft skin, and gilded. Cf. F. S. Krauss, *Geschlechtsleben in Brauch und Sitte der Japaner*, Leipzig, 1907.

² It may be worth mentioning that the Salish Indians of British Columbia have a myth of an old woman having intercourse with young women, by means of a horn worn as a penis (*Journal of the Anthropological Institute*, July-Dec., 1904, p. 342).

It may be noticed that among non-European races it is among women, and especially among those who are subjected to the excitement of a life professionally devoted to some form of pleasure, that the use of the artificial instruments of auto-erotism is chiefly practiced. The same is markedly true in Europe. The use of an artificial penis in solitary sexual gratification may be traced down from classic times, and doubtless prevailed in the very earliest human civilization, for such an instrument is said to be represented in old Babylonian sculptures, and it is referred to by Ezekiel (Ch. XVI. v. 17). The Lesbian women are said to have used such instruments, made of ivory or gold with silken stuffs and linen. Aristophanes (*Lysistrata*, v. 109) speaks of the manufacture by the Milesian women of a leather artificial penis, or olisbos. In the British Museum is a vase representing a *hetaira* holding such instruments, which, as found at Pompeii, may be seen in the museum at Naples. One of the best of Herondas's mimes, "The Private Conversation," presents a dialogue between two ladies concerning a certain olisbos (or *νβών*), which one of them vaunts as a dream of delight. Through the Middle Ages (when from time to time the clergy reprobated the use of such instruments¹) they continued to be known, and after the fifteenth century the references to them became more precise. Thus Fortini, the Siennese novelist of the sixteenth century, refers in his *Novelle dei Novizi* (7th Day, Novella XXXIX) to "the glass object filled with warm water which nuns use to calm the sting of the flesh and to satisfy themselves as well as they can"; he adds that widows and other women anxious to avoid pregnancy availed themselves of it. In Elizabethan England, at the same time, it appears to have been of similar character and Marston in his satires tells how Lucea prefers "a glassy instru-

¹ In Burchard's Penitential (cap. 142-3), penalties are assigned to the woman who makes a phallus for use on herself or other women. (Wasserschleben, *Bussordnungen der abendländlichen Kirche*, p. 658.) The *penis succedaneus*, the Latin *phallus* or *fascinum*, is in France called *godemichie*; in Italy, *passatempo*, and also *diletto*, whence *dildo*, by which it is most commonly known in England. For men, the corresponding *cunus succedaneus* is, in England, called *merkin*, which meant originally (as defined in old editions of Bailey's *Dictionary*) "counterfeit hair for women's privy parts."

ment" to "her husband's lukewarm bed." In sixteenth century France, also, such instruments were sometimes made of glass, and Brantôme refers to the *godemiche*; in eighteenth century Germany they were called *Samthanse*, and their use, according to Heinse, as quoted by Dühren, was common among aristocratic women. In England by that time the dildo appears to have become common. Archemholtz states that while in Paris they are only sold secretly, in London a certain Mrs. Philips sold them openly on a large scale in her shop in Leicester Square. John Bee in 1835, stating that the name was originally *dil-dol*, remarks that their use was formerly commoner than it was in his day. In France, Madame Gourdan, the most notorious brothel-keeper of the eighteenth century, carried on a wholesale trade in *consolateurs*, as they were called, and "at her death numberless letters from abbesses and simple nuns were found among her papers, asking for a 'consolateur' to be sent."¹ The modern French instrument is described by Garnier as of hardened red rubber, exactly imitating the penis and capable of holding warm milk or other fluid for injection at the moment of orgasm; the compressible scrotum is said to have been first added in the eighteenth century.²

In Islam the artificial penis has reached nearly as high a development as in Christendom. Turkish women use it and it is said to be openly sold in Smyrna. In the harems of Zanzibar, according to Baumann, it is of considerable size, carved out of ebony or ivory, and commonly bored through so that warm water may be injected. It is here regarded as an Arab invention.³

Somewhat similar appliances may be traced in all centres of civilization. But throughout they appear to be frequently confined to the world of prostitutes and to those women who live on the fashionable or semi-artistic verge of that world. Ignorance and delicacy combine with a less versatile and perverted concentration on the sexual impulse to prevent any general recourse to such highly specialized methods of solitary gratification.

¹ Dühren, *Der Marquis de Sade und Seine Zeit*, 3d ed., pp. 130-232; *id.* *Geschlechtsleben in England*, Bd. II, pp. 284 *et seq.*

² Garnier, *Onanisme*, p. 378.

³ *Zeitschrift für Ethnologie*, 1899, p. 669.

On the other hand, the use, or rather abuse, of the ordinary objects and implements of daily life in obtaining auto-erotic gratification, among the ordinary population in civilized modern lands, has reached an extraordinary degree of extent and variety we can only feebly estimate by the occasional resulting mischances which come under the surgeon's hands, because only a certain proportion of such instruments are dangerous. Thus the banana seems to be widely used for masturbation by women, and appears to be marked out for the purpose by its size and shape¹; it is, however, innocuous, and never comes under the surgeon's notice; the same may probably be said of the cucumbers and other vegetables more especially used by country and factory girls in masturbation; a lady living near Vichy told Pouillet that she had often heard (and had herself been able to verify the fact) that the young peasant women commonly used turnips, carrots, and beet-roots. In the eighteenth century Mirabeau, in his *Erotika Biblion* gave a list of the various objects used in convents (which he describes as "vast theatres" of such practices) to obtain solitary sexual excitement. In more recent years the following are a few of the objects found in the vagina or bladder whence they could only be removed by surgical interference²:

¹The mythology of Hawaii, one may note, tells of goddesses who were impregnated by bananas they had placed beneath their garments. B. Stern mentions (*Medizin in der Türkei*, Bd. II, p. 24) that the women of Turkey and Egypt use the banana, as well as the cucumber, etc., for masturbation. In a poem in the *Arabian Nights*, also ("History of the Young Nour with the Frank"), we read: "O bananas, of soft and smooth skins, which dilate the eyes of young girls . . . you, alone among fruits are endowed with a pitying heart, O consolars of widows and divorced women." In France and England they are not uncommonly used for the same purpose.

²See, e.g., Winckel, *Die Krankheiten der weiblichen Harnrohre und Blase*, 1885, p. 211; and "Lehrbuch der Frauenkrankheiten," 1886, p. 210; also, Hyrtl, *Handbuch der Topographischen Anatomie*, 7th ed., Bd. II, pp. 212-214. Grünfeld (*Wiener medizinische Blätter*, November 26, 1896), collected 115 cases of foreign body in the bladder—68 in men, 47 in women; but while those found in men were usually the result of a surgical accident, those found in women were mostly introduced by the patient herself. The patient usually professes profound ignorance of how the object came there; or she explains that she accidentally sat down upon it, or that she used it to produce freer urination. The earliest surgical case of this kind I happen to have met with, was recorded by Plazzon, in Italy, in 1621 (*De Partibus Generationis Inservien-*

Pencils, sticks of sealing-wax, cotton-reels, hair-pins (and in Italy very commonly the bone-pins used in the hair), bodkins, knitting-needles, crochet-needles, needle-cases, compasses, glass stoppers, candles, corks, tumblers, forks, tooth-picks, tooth-brushes, pomade-pots (in a case recorded by Schroeder with a cockchafer inside, a makeshift substitute for the Japanese *rin-no-tama*), while in one recent English case a full-sized hen's egg was removed from the vagina of a middle-aged married woman. More than nine-tenths of the foreign bodies found in the female bladder or urethra are due to masturbation. The age of the individuals in whom such objects have been found is usually from 17 to 30, but in a few cases they have been found in girls below 14, infrequently in women between 40 and 50; the large objects, naturally, are found chiefly in the vagina, and in married women.¹

Hair-pins have, above all, been found in the female bladder with special frequency; this point is worth some consideration as an illustration of the enormous frequency of this form of autoerotism. The female urethra is undoubtedly a normal centre of sexual feeling, as Pouillet pointed out many years ago; a woman medical correspondent, also, writes that in some women the maximum of voluptuous sensation is at the vesical sphincter or orifice, though not always so limited. E. H. Smith, indeed, considers that "the urethra is the part in which the orgasm occurs," and remarks that in sexual excitement mucus always flows largely from the urethra.² It should be added that when once introduced the physiological mechanism of the bladder apparently causes the organ to tend to "swallow" the foreign object. Yet for every case in which the hair-pin disappears and

tibus, lib. ii, Ch. XIII); it was that of a certain honorable maiden with a large clitoris, who, seeking to lull sexual excitement with the aid of a bone needle, inserted it in the bladder, whence it was removed by Aquapendente.

¹ A. Poulet, *Traité des Corps étrangers en Chirurgie*, 1879. English translation, 1881, vol. ii, pp. 209, 230. Rohleder (*Die Masturbation*, 1899, pp. 24-31) also gives examples of strange objects found in the sexual organs.

² E. H. Smith, "Signs of Masturbation in the Female," *Pacific Medical Journal*, February, 1903, quoted by R. W. Taylor, *Practical Treatise on Sexual Disorders*, 3d ed., p. 418.

is lost in the bladder, from carelessness or the oblivion of the sexual spasm, there must be a vast number of cases in which the instrument is used without any such unfortunate result. There is thus great significance in the frequency with which cases of hair-pin in the bladder are strewn through the medical literature of all countries.

In 1862, a German surgeon found the accident so common that he invented a special instrument for extracting hair-pins from the female bladder, as, indeed, Italian and French surgeons have also done. In France, Denucé, of Bordeaux, came to the conclusion that hair-pin in the bladder is the commonest result of masturbation as known to the surgeon. In England cases are constantly being recorded. Lawson Tait, stating that most cases of stone in the bladder in women are due to the introduction of a foreign body, very often a hair-pin, adds: "I have removed hair-pins encrusted with phosphates from ten different female bladders, and not one of the owners of these bladders would give any account of the incident."¹ Stokes, again, records that during four years he had four cases of hair-pin in the female urethra.² In New York one physician met with four cases in a short experience.³ In Switzerland Professor Reverdin had a precisely similar experience.⁴

There is, however, another class of material objects, widely employed for producing physical auto-erotism, which in the

¹ L. Tait, *Diseases of Women*, 1889, vol. i, p. 100.

² *Obstetric Journal*, vol. i, 1873, p. 558. Cf. G. J. Arnold, *British Medical Journal*, January 6, 1906, p. 21.

³ Dudley, *American Journal of Obstetrics*, July, 1889, p. 758.

⁴ A. Reverdin, "Épingles à Cheveux dans la Vessie, *Revue Médicale de la Suisse Romande*, January 20, 1888. His cases are fully recorded, and his paper is an able and interesting contribution to this by-way of sexual psychology. The first case was a school-master's wife, aged 22, who confessed in her husband's presence, without embarrassment or hesitation, that the manœuvre was habitual, learned from a school-companion, and continued after marriage. The second was a single woman of 42, a *curé's* servant, who attempted to elude confession, but on leaving the doctor's house remarked to the house-maid, "Never go to bed without taking out your hairpins; accidents happen so easily." The third was an English girl of 17 who finally acknowledged that she had lost two hairpins in this way. The fourth was a child of 12, driven by the pain to confess that the practice had become a habit with her.

nature of things never reaches the surgeon. I refer to the effects that, naturally or unnaturally, may be produced by many of the objects and implements of daily life that do not normally come in direct contact with the sexual organs. Children sometimes, even when scarcely more than infants, produce sexual excitement by friction against the corner of a chair or other piece of furniture, and women sometimes do the same.¹ Gutteit, in Russia, knew women who made a large knot in their chemises to rub against, and mentions a woman who would sit on her naked heel and rub it against her. Girls in France, I am informed, are fond of riding on the *chevaux-de-bois*, or hobby-horses, because of the sexual excitement thus aroused; and that the sexual emotions play a part in the fascination exerted by this form of amusement everywhere is indicated by the ecstatic faces of its devotees.² At the temples in some parts of Central India, I am told, swings are hung up in pairs, men and women swinging in these until sexually excited; during the months when the men in these districts have to be away from home the girls put up swings to console themselves for the loss of their husbands.

It is interesting to observe the very wide prevalence of swinging, often of a religious or magic character, and the evident sexual significance underlying it, although this is not always clearly brought out. Groos, discussing the frequency of swinging (*Die Spiele der Menschen*, p. 114) refers, for instance, to the custom of the Gilbert Islanders for a young man to swing a girl from a coco palm, and then to cling on and swing with her. In ancient Greece, women and grown-up girls were fond of see-saws and swings. The Athenians had, indeed, a swinging festival (Athenæus, Bk. XIV, Ch. X). Songs of a voluptuous character, we gather from Athenæus, were sung by the women at this festival.

¹ "One of my patients," remarks Dr. R. T. Morris, of New York, (*Transactions of the American Association of Obstetricians*, for 1892, Philadelphia, vol. v), "who is a devout church-member, had never allowed herself to entertain sexual thoughts referring to men, but she masturbated every morning, when standing before the mirror, by rubbing against a key in the bureau-drawer. A man never excited her passions, but the sight of a key in any bureau-drawer aroused erotic desires."

² Freud (*Drei Abhandlungen zur Sexualtheorie*, p. 118) refers to the sexual pleasure of swinging. Swinging another person may be a source of voluptuous excitement, and one of the 600 forms of sexual pleasure enumerated in De Sade's *Les 120 Journées de Sodome* is (according to Dühren) to propel a girl vigorously in a swing.

J. G. Frazer (*The Golden Bough*, vol. ii, note A, "Swinging as a Magical Rite") discusses the question, and brings forward instances in which men, or, especially, women swing. "The notion seems to be," he states, "that the ceremony promotes fertility, whether in the vegetable or in the animal kingdom; though why it should be supposed to do so, I confess myself unable to explain" (*loc. cit.*, p. 450). The explanation seems, however, not far to seek, in view of the facts quoted above, and Frazer himself refers to the voluptuous character of the songs sometimes sung.

Even apart from actual swinging of the whole body, a swinging movement may suffice to arouse sexual excitement, and may,—at all events, in women,—constitute an essential part of methods of attaining solitary sexual gratification. Kiernan thus describes the habitual auto-erotic procedure of a young American woman: "The patient knelt before a chair, let her elbows drop on its seat, grasping the arms with a firm grip, then commenced a swinging, writhing motion, seeming to fix her pelvis, and moving her trunk and limbs. The muscles were rigid, the face took on a passionate expression; the features were contorted, the eyes rolled, the teeth were set, and the lips compressed, while the cheeks were purple. The condition bore a striking resemblance to the passionate stage of grand hysteria. The reveling took only a moment to commence, but lasted a long time. Swaying induced a pleasurable sensation, accompanied with a feeling of suction upon the clitoris. Almost immediately after, a sensation of bursting, caused by discharge from the vulvo-vaginal glands, occurs, followed by a rapture prolonged for an indefinite time." The accompanying sexual imagery is so vivid as almost to become hallucinatory. (J. G. Kiernan, "Sex Transformation and Psychic Impotence," *American Journal of Dermatology*, vol. ix, No. 2.)

Somewhat similarly sensations of sexual character are sometimes experienced by boys when climbing up a pole. It is not even necessary that there should be direct external contact with the sexual organs, and Howe states that gymnastic swinging poles around which boys swing while supporting the whole weight on the hands, may suffice to produce sexual excitement.

Several writers have pointed out that riding, especially in women, may produce sexual excitement and orgasm.¹ It is well-

¹ The fact that horse exercise may produce pollutions was well recognized by Catholic theologians, and Sanchez states that this fact need not be made a reason for traveling on foot. Rolfincius, in 1667, pointed out that horse-riding, in those unaccustomed to it, may lead

known, also, that both in men and women the vibratory motion of a railway-train frequently produces a certain degree of sexual excitement, especially when sitting forward. Such excitement may remain latent and not become specifically sexual.¹ I am not aware that this quality of railway traveling has ever been fostered as a sexual perversion, but the sewing-machine has attracted considerable attention on account of its influence in exciting auto-erotic manifestations. The early type of sewing-machine, especially, was of very heavy character and involved much up and down movement of the legs; Langdon Down pointed out many years ago that this frequently produced great sexual erethism which led to masturbation.² According to one French authority, it is a well-recognized fact that to work a sewing-machine with the body in a certain position produces sexual excitement leading to the orgasm. The occurrence of the orgasm is indicated to the observer by the machine being worked for a few seconds with uncontrollable rapidity. This sound is said to be frequently heard in large French workrooms, and it is part of the duty of the superintendents of the rooms to make the girls sit properly.³

"During a visit which I once paid to a manufactory of military clothing," Pouillet writes, "I witnessed the following scene. In the midst of the uniform sound produced by some thirty sewing-machines, I suddenly heard one of the machines working with much more velocity than the others. I looked at the person who was working it, a brunette of 18 or 20. While she was automatically occupied with the trousers she was making on the machine, her face became animated, her mouth opened slightly, her nostrils dilated, her feet moved the pedals with constantly increasing rapidity. Soon I saw a convulsive look in her

to nocturnal pollutions. Rohleder (*Die Masturbation*, pp. 133-134) brings together evidence regarding the influence of horse exercise in producing sexual excitement.

¹ A correspondent, to whom the idea was presented for the first time, wrote: "Henceforward I shall know to what I must attribute the bliss—almost the beatitude—I so often have experienced after traveling for four or five hours in a train." Penta mentions the case of a young girl who first experienced sexual desire at the age of twelve, after a railway journey.

² Langdon Down, *British Medical Journal*, January 12, 1867.

³ Pouillet, *L'Onanisme chez la Femme*, Paris, 1880; Fournier, *De l'Onanisme*, 1885; Rohleder, *Die Masturbation*, p. 132.

eyes, her eyelids were lowered, her face turned pale and was thrown backward; hands and legs stopped and became extended; a suffocated cry, followed by a long sigh, was lost in the noise of the workroom. The girl remained motionless a few seconds, drew out her handkerchief to wipe away the pearls of sweat from her forehead, and, after casting a timid and ashamed glance at her companions, resumed her work. The forewoman, who acted as my guide, having observed the direction of my gaze, took me up to the girl, who blushed, lowered her face, and murmured some incoherent words before the forewoman had opened her mouth, to advise her to sit fully on the chair, and not on its edge.

"As I was leaving, I heard another machine at another part of the room in accelerated movement. The forewoman smiled at me, and remarked that that was so frequent that it attracted no notice. It was specially observed, she told me, in the case of young work-girls, apprentices, and those who sat on the edge of their seats, thus much facilitating friction of the labia."

In cases where the sewing-machine does not lead to direct self-excitement it has been held, as by Fothergill,¹ to predispose to frequency of involuntary sexual orgasm during sleep, from the irritation set up by the movement of the feet in the sitting posture during the day. The essential movement in working the sewing-machine is the flexion and extension of the ankle, but the muscles of the thighs are used to maintain the feet firmly on the treadle, the thighs are held together, and there is a considerable degree of flexion or extension of the thighs on the trunk; by a special adjustment of the body, and sometimes perhaps merely in the presence of sexual hyperæsthesia, it is thus possible to act upon the sexual organs; but this is by no means a necessary result of using the sewing-machine, and inquiry of various women, with well-developed sexual feelings, who are accustomed to work the treadle, has not shown the presence of any tendency in this direction.

Sexual irritation may also be produced by the bicycle in women. Thus, Moll² remarks that he knows many married women, and some unmarried, who experience sexual excitement when cycling; in several cases he has ascertained that the excitement is carried as far as complete orgasm. This result cannot,

¹ *West-Riding Asylum Reports*, 1876, vol. vi.

² *Das Nerven Weib*, 1898, p. 193.

however, easily happen unless the seat is too high, the peak in contact with the organs, and a rolling movement is adopted; in the absence of marked hyperæsthesia these results are only effected by a bad seat or an improper attitude, the body during cycling resting under proper conditions on the buttocks, and the work being mainly done by the muscles of the thighs and legs which control the ankles, flexion of the thigh on the pelvis being very small. Most medical authorities on cycling are of opinion that when cycling leads to sexual excitement the fault lies more with the woman than with the machine. This conclusion does not appear to me to be absolutely correct. I find on inquiry that with the old-fashioned saddle, with an elevated peak rising toward the pubes, a certain degree of sexual excitement, not usually producing the orgasm (but, as one lady expressed it, making one feel quite ready for it), is fairly common among women. Lydston finds that irritation of the genital organs may unquestionably be produced in both males and females by cycling. The aggravation of hæmorrhoids sometimes produced by cycling indicates also the tendency to local congestion. With the improved flat saddles, however, constructed with more definite adjustment to the anatomical formation of the parts, this general tendency is reduced to a negligible minimum.

Reference may be made at this point to the influence of tight-lacing. This has been recognized by gynæcologists as a factor of sexual excitement and a method of masturbation.¹ Women who have never worn corsets sometimes find that, on first putting them on, sexual feeling is so intensified that it is necessary to abandon their use.² The reason of this (as Siebert points out in his *Buch für Eltern*) seems to be that the corset both favors pelvic congestion and at the same time exerts a pressure on the abdominal muscles which brings them into the state produced during coitus. It is doubtless for the same

¹ In the Appendix to volume iii of these *Studies*, I have recorded the experience of a lady who found sexual gratification in this manner.

² Dr. J. G. Kiernan, to whom I am indebted for a note on this point, calls my attention also to the case of a homosexual and masochistic man (*Medical Record*, vol. xix) whose feelings were intensified by tight-lacing.

reason that, as some women have found, more distension of the bladder is possible without corsets than with them.

In a further class of cases no external object whatever is used to procure the sexual orgasm, but the more or less voluntary pressure of the thighs alone is brought to bear upon the sexual regions. It is done either when sitting or standing, the thighs being placed together and firmly crossed, and the pelvis rocked so that the sexual organs are pressed against the inner and posterior parts of the thighs.¹ This is sometimes done by men, and is fairly common among women, especially, according to Martineau,² among those who sit much, such as dressmakers and milliners, those who use the sewing-machine, and those who ride. Vedeler remarks that in his experience in Scandinavia, thigh-friction is the commonest form of masturbation in women. The practice is widespread, and a medical correspondent in India tells me of a Brahmin widow who confessed to this form of masturbation. I am told that in London Board Schools, at the present time, thigh-rubbing is not infrequent among the girl scholars; the proportion mentioned in one school was about ten per cent. of the girls over eleven; the thigh-rubbing is done more or less openly and is interpreted by the uninitiated as due merely to a desire to relieve the bladder. It is found in female infants. Thus, Townsend records the case of an infant, 8 months old, who would cross her right thigh over the left, close her eyes and clench her fists; after a minute or two there would be complete relaxation, with sweating and redness of face; this would occur about once a week or oftener; the child was quite healthy, with no abnormal condition of the genital organs.³ The frequency of

¹ Some women are also able to produce the orgasm, when in a state of sexual excitement, by placing a cushion between the knees and pressing the thighs firmly together.

² *Leçons sur les Déformations Vulvaires*, p. 64. Martineau was informed by a dressmaker that it is very frequent in workrooms and can usually be done without attracting attention. An ironer informed him that while standing at her work, she crossed her legs, slightly bending the trunk forward and supporting herself on the table by the hands; then a few movements of contraction of the adductor muscles of the thigh would suffice to produce the orgasm.

³ C. W. Townsend, "Thigh-friction in Children under one Year," Annual Meeting of the American Pediatric Society, Montreal, 1896. Five cases are recorded by this writer, all in female infants.

thigh-friction among women as a form of masturbation is due to the fact that it is usually acquired innocently and it involves no indecorum. Thus Soutzo reports the case of a girl of 12 who at school, when having to wait her turn at the water-closet, for fear of wetting herself would put her clothes between her legs and press her thighs together, moving them backwards and forwards in the effort to control the bladder; she discovered that a pleasurable sensation was thus produced and acquired the habit of practicing the manoeuvre for its own sake; at the age of 17 she began to vary it in different ways; thus she would hang from a tree with her legs swinging and her chemise pressed between her thighs which she would rub together.¹ Thigh-friction in some of its forms is so comparatively decorous a form of masturbation that it may even be performed in public places; thus, a few years ago, while waiting for a train at a station on the outskirts of a provincial town, I became aware of the presence of a young woman, sitting alone on a seat at a little distance, whom I could observe unnoticed. She was leaning back with legs crossed, swinging the crossed foot vigorously and continuously; this continued without interruption for some ten minutes after I first observed her; then the swinging movement reached a climax; she leant still further back, thus bringing the sexual region still more closely in contact with the edge of the bench and straightened and stiffened her body and legs in what appeared to be a momentary spasm; there could be little doubt as to what had taken place. A few moments later she slowly walked from her solitary seat into the waiting-room and sat down among the other waiting passengers, quite still now and with uncrossed legs, a pale quiet young woman, possibly a farmer's daughter, serenely unconscious that her manoeuvre had been detected, and very possibly herself ignorant of its true nature.

There are many other forms in which the impulse of autoeroticism presents itself. Dancing is often a powerful method of sexual excitement, not only among civilized but among savage peoples, and Zache describes the erotic dances of Swaheli women

¹ Soutzo, *Archives de Neurologie*, February, 1903, p. 167.

as having a masturbatory object.¹ Stimulation of the nates is a potent adjuvant to the production of self-excitement, and self-flagellation with rods, etc., is practiced by some individuals, especially young women.² Urtication is another form of this stimulation; Reverdin knew a young woman who obtained sexual gratification by flogging herself with chestnut burrs, and it is stated that in some parts of France (departments of the Ain and Côte d'Or) it is not uncommon for young girls to masturbate by rubbing the leaves of the *Linaria cymbalaria* (here called "pinton" or "timburde") on to the sexual parts, thus producing a burning sensation.³ Stimulation of the mamma, normally an erogenous centre in women, may occasionally serve as a method for obtaining auto-erotic satisfaction, including the orgasm, in both sexes. I have been told of a case in a man, and a medical correspondent in India informs me that he knows a Eurasian woman, addicted to masturbation, who can only obtain the orgasm by rubbing the genitals with one hand while with the other she rubs and finally squeezes her breasts. The tactile stimulation even of regions of the body which are not normally erogenous zones in either sex may sometimes lead on to sexual excitement; Hirschsprung, as well as Freud, believes that this is often the case as regards finger-sucking and toe-sucking in infancy. Even stroking the chin, remarks Debreyne, may produce a pollution.⁴ Taylor refers to the case of a young woman of 22, who was liable to attacks of choreic movements of the hands which would terminate in alternately pressing the middle finger on the tip of the nose and the tragus of the ear, when a "far-away, pleased expression" would appear on her face; she thus produced sexual excitement and satisfaction. She had no

¹ Zache, *Zeitschrift für Ethnologie*, 1899, p. 72. I have discussed what may be regarded as the normally sexual influence of dancing, in the third volume of these *Studies*, "The Analysis of the Sexual Impulse."

² The case has been recorded of a Russian who had the spontaneous impulse to self-flagellation on the nates with a rod, for the sake of sexual excitement, from the age of 6. (*Rivista Mensile di Psichiatria*, April, 1900, p. 102.)

³ *Kyrradia*, vol. v, p. 358. As regards the use of nettles, see Dühren, *Geschlechtsleben in England*, Bd. II, p. 392.

⁴ Debreyne, *Machialogie*, p. 177.

idea of wrong-doing and was surprised and ashamed when she realized the nature of her act.¹

Most of the foregoing examples of auto-erotism are commonly included, by no means correctly, under the heading of "masturbation." There are, however, a vast number of people, possessing strong sexual emotions and living a solitary life, who experience, sometimes by instinct and sometimes on moral grounds, a strong repugnance for these manifestations of auto-erotism. As one highly intelligent lady writes: "I have sometimes wondered whether I could produce it (complete sexual excitement) mechanically, but I have a curious unreasonable repugnance to trying the experiment. It would materialize it too much." The same repugnance may be traced in the tendency to avoid, so far as possible, the use of the hands. It is quite common to find this instinctive unreasoning repugnance among women, a healthy repugnance, not founded on any moral ground. In men the same repugnance exists, more often combined with, or replaced by, a very strong moral and æsthetic objection to such practices. But the presence of such a repugnance, however invincible, is very far from carrying us outside the auto-erotic field. The production of the sexual orgasm is not necessarily dependent on any external contact or voluntary mechanical cause.

As an example, though not of specifically auto-erotic manifestations, I may mention the case of a man of 57, a somewhat eccentric preacher, etc., who writes: "My whole nature goes out so to some persons, and they thrill and stir me so that I have an emission while sitting by them with no thought of sex, only the gladness of soul found its way out thus, and a glow of health suffused the whole body. There was no spasmodic conclusion, but a pleasing gentle sensation as the few drops of semen passed." (In reality, no doubt, not semen, but urethral fluid.) This man's condition may certainly be considered somewhat morbid; he is attracted to both men and women, and the sexual impulse seems to be irritable and weak; but a similar state of things exists so often in women, no doubt due to sexual repression, and in individ-

¹ R. W. Taylor, *A Practical Treatise on Sexual Disorders*, 3rd ed. Ch. XXX.

uals who are in a general state of normal and good health, that in these it can scarcely be called morbid. Brooding on sexual images, which the theologians termed *delectatio morosa*, may lead to spontaneous orgasm in either sex, even in perfectly normal persons. Hammond described as a not uncommon form of "psychic coitus," a condition in which the simple act of imagination alone, in the presence of the desired object, suffices to produce orgasm. In some public conveyance, theatre, or elsewhere, the man sees a desirable woman and by concentrating his attention on her person and imagining all the stages of intimacy he quickly succeeds in producing orgasm.¹ Niceforo refers to an Italian work-girl of 14 who could obtain ejaculation of mucus four times a day, in the workroom in the presence of the other girls, without touching herself or moving her body, by simply thinking of sexual things.²

If the orgasm occurs spontaneously, without the aid of mental impressions, or any manipulations *ad hoc*, though under such conditions it ceases to be sinful from the theological standpoint, it certainly ceases also to be normal. Sérieux records the case of a somewhat neurotic woman of 50, who had been separated from her husband for ten years, and since lived a chaste life; at this age, however, she became subject to violent crises of sexual orgasm, which would come on without any accompaniment of voluptuous thoughts. MacGillicuddy records three cases of spontaneous orgasm in women coming under his notice.³ Such crises are frequently found in both men and women, who, from moral reasons, ignorance, or on other grounds are restrained from attaining the complete sexual orgasm, but whose sexual emotions are, literally, continually dribbling from them. Schrenck-Notzing knows a lady who is spontaneously sexually excited on hearing music or seeing pictures without anything lascivious in them; she knows nothing of sexual relationships. Another lady is sexually excited on seeing beautiful and natural scenes, like the sea; sexual ideas are mixed up in her mind with

¹ Hammond, *Sexual Impotence*, pp. 70 et seq.

² Niceforo, *Il Gergo*, p. 98.

³ *Functional Disorders of the Nervous System in Women*, p. 114.

these things, and the contemplation of a specially strong and sympathetic man brings the orgasm on in about a minute. Both these ladies "masturbate" in the streets, restaurants, railways, theatres, without anyone perceiving it.¹ A Brahmin woman informed a medical correspondent in India that she had distinct though feeble orgasm, with copious outflow of mucus, if she stayed long near a man whose face she liked, and this is not uncommon among European women. Evidently under such conditions there is a state of hyperæsthetic weakness. Here, however, we are passing the frontiers of strictly auto-erotic phenomena.

Delectatio morosa, as understood by the theologians, is distinct from desire, and also distinct from the definite intention of effecting the sexual act, although it may lead to those things. It is the voluntary and complacent dallying in imagination with voluptuous thoughts, when no effort is made to repel them. It is, as Aquinas and others point out, constituted by this act of complacent dallying, and has no reference to the duration of the imaginative process. Debreyne, in his *Mæchialogie* (pp. 140-163), deals fully with this question, and quotes the opinions of theologians. I may add that in the early Penitentials, before the elaboration of Catholic theology, the voluntary emission of semen through the influence of evil thoughts, was recognized as a sin, though usually only if it occurred in church. In Egbert's Penitential of the eighth or ninth century (cap. IX, 12), the penance assigned for this offence in the case of a deacon, is 25 days; in the case of a monk, 30 days; a priest, 40 days; a bishop, 50. (Haddon and Stubbs, *Councils and Ecclesiastical Documents*, vol. iii, p. 426.)

The frequency of spontaneous orgasm in women seems to have been recognized in the seventeenth century. Thus, Schurig (*Syllepsilogia*, p. 4), apparently quoting Riolan, states that some women are so wanton that the sight of a handsome man, or of their lover, or speech with such a one, will cause them to ejaculate their semen.

There is, however, a closely allied, and, indeed, overlapping form of auto-erotism which may be considered here: I mean that associated with reverie, or day-dreaming. Although this is a

¹ Schrenck-Nothmann, *Sexualwissenschaft*, p. 13. A. Kind (*Jahrbuch für Sexuelle Wissenschaft*, x, 1908, p. 58) gives the case of a young homosexual woman, a trick cyclist at the music halls, who often, when excited by the sight of her colleague in tights, would experience the orgasm while cycling before the public.

very common and important form of auto-erotism, besides being in a large proportion of cases the early stage of masturbation, it appears to have attracted little attention.¹ The day-dream has, indeed, been studied in its chief form, in the "continued story," by Mabel Learoyd, of Wellesley College. The continued story is an imagined narrative, more or less peculiar to the individual, by whom it is cherished with fondness, and regarded as an especially sacred mental possession, to be shared only, if at all, with very sympathizing friends. It is commoner among girls and young women than among boys and young men; among 352 persons of both sexes, 47 per cent. among the women and only 14 per cent. among the men, have any continued story. The starting-point is an incident from a book, or, more usually, some actual experience, which the subject develops; the subject is nearly always the hero or the heroine of the story. The growth of the story is favored by solitude, and lying in bed before going to sleep is the time specially sacred to its cultivation.² No distinct reference, perhaps naturally enough, is made by Miss Learoyd to the element of sexual emotion with which these stories are often strongly tinged, and which is frequently their real motive. Though by no means easy to detect, these elaborate

¹ Janet has, however, used day-dreaming—which he calls "*reveries subconscients*"—to explain a remarkable case of demon-possession, which he investigated and cured. (*Névroses et Idées fixes*, vol. i, pp. 390 *et seq.*)

² "Minor Studies from the Psychological Laboratory of Wellesley College," *American Journal of Psychology*, vol. vii, No. 1. G. E. Partidge ("Reverie," *Pedagogical Seminary*, April, 1898) well describes the physical accompaniments of day-dreaming, especially in Normal School girls between sixteen and twenty-two. Pick ("Clinical Studies in Pathological Dreaming," *Journal of Mental Sciences*, July, 1901) records three more or less morbid cases of day-dreaming, usually with an erotic basis, all in apparently hysterical men. An important study of day-dreaming, based on the experiences of nearly 1,500 young people (more than two-thirds girls and women), has been published by Theodate L. Smith ("The Psychology of Day Dreams," *American Journal Psychology*, October, 1904). Continued stories were found to be rare—only one per cent. Healthy boys, before fifteen, had day-dreams in which sports, athletics, and adventure had a large part; girls put themselves in the place of their favorite heroines in novels. After seventeen, and earlier in the case of girls, day-dreams of love and marriage were found to be frequent. A typical confession is that of a girl of nineteen: "I seldom have time to build castles in Spain, but when I do, I am not different from most Southern girls; i.e., my dreams are usually about a pretty fair specimen of a six-foot three-inch biped."

and more or less erotic day-dreams are not uncommon in young men and especially in young women. Each individual has his own particular dream, which is always varying or developing, but, except in very imaginative persons, to no great extent. Such a day-dream is often founded on a basis of pleasurable personal experience, and develops on that basis. It may involve an element of perversity, even though that element finds no expression in real life. It is, of course, fostered by sexual abstinence; hence its frequency in young women. Most usually there is little attempt to realize it. It does not necessarily lead to masturbation, though it often causes some sexual congestion or even spontaneous sexual orgasm. The day-dream is a strictly private and intimate experience, not only from its very nature, but also because it occurs in images which the subject finds great difficulty in translating into language, even when willing to do so. In other cases it is elaborately dramatic or romantic in character, the hero or heroine passing through many experiences before attaining the erotic climax of the story. This climax tends to develop in harmony with the subject's growing knowledge or experience; at first, merely a kiss, it may develop into any refinement of voluptuous gratification. The day-dream may occur either in normal or abnormal persons. Rousseau, in his *Confessions*, describes such dreams, in his case combined with masochism and masturbation. A distinguished American novelist, Hamlin Garland, has admirably described in *Rose of Dutcher's Coolly* the part played in the erotic day-dreams of a healthy normal girl at adolescence by a circus-rider, seen on the first visit to a circus, and becoming a majestic ideal to dominate the girl's thoughts for many years.¹ Raffalovich² describes the process by which in sexual inverts the vision of a person of the same sex, perhaps seen in the streets or the theatre, is evoked in

¹ The case has been recorded of a married woman, in love with her doctor, who kept a day-dream diary, at last filling three bulky volumes, when it was discovered by her husband, and led to an action for divorce; it was shown that the doctor knew nothing of the romance in which he played the part of hero. Kiernan, in referring to this case (as recorded in John Paget's *Judicial Puzzles*), mentions a similar case in Chicago.

² *Uranisme*, p. 125.

solitary reveries, producing a kind of "psychic onanism," whether or not it leads on to physical manifestations.

Although day-dreaming of this kind has at present been very little studied, since it loves solitude and secrecy, and has never been counted of sufficient interest for scientific inquisition, it is really a process of considerable importance, and occupies a large part of the auto-erotic field. It is frequently cultivated by refined and imaginative young men and women who lead a chaste life and would often be repelled by masturbation. In such persons, under such circumstances, it must be considered as strictly normal, the inevitable outcome of the play of the sexual impulse. No doubt it may often become morbid, and is never a healthy process when indulged in to excess, as it is liable to be by refined young people with artistic impulses, to whom it is in the highest degree seductive and insidious.¹ As we have seen, however, day-dreaming is far from always colored by sexual emotion; yet it is a significant indication of its really sexual origin that, as I have been informed by persons of both sexes, even in these apparently non-sexual cases it frequently ceases altogether on marriage.

Even when we have eliminated all these forms of auto-erotic activity, however refined, in which the subject takes a voluntary part, we have still left unexplored an important portion of the auto-erotic field, a portion which many people are alone inclined to consider normal: sexual orgasm during sleep. That under conditions of sexual abstinence in healthy individuals there must inevitably be some auto-erotic manifestations during waking life, a careful study of the facts compels us to believe. There can be no doubt, also, that, under the same conditions, the occurrence

¹ The acute Anstie remarked, more than thirty years ago, in his work on *Neuralgia*: "It is a comparatively frequent thing to see an unsocial, solitary life (leading to the habit of masturbation) joined with the bad influence of an unhealthy ambition, prompting to premature and false work in literature and art." From the literary side, M. Léon Bazalgette has dealt with the tendency of much modern literature to devote itself to what he calls "mental onanism," of which the probable counterpart, he seems to hint, is a physical process of auto-erotism. (Léon Bazalgette, "L'onanisme considéré comme principe createur en art," *L'Esprit Nouveau*, 1898.)

of the complete orgasm during sleep with, in men, seminal emissions, is altogether normal. Even Zeus himself, as Pausanias has recorded, was liable to such accidents: a statement which, at all events, shows that to the Greek mind there was nothing derogatory in such an occurrence.¹ The Jews, however, regarded it as an impurity,² and the same idea was transmitted to the Christian church and embodied in the word *pollutio*, by which the phenomenon was designated in ecclesiastical phraseology.³ According to Billuart and other theologians, pollution in sleep is not sin, unless voluntarily caused; if, however, it begins in sleep, and is completed in the half-waking state, with a sense of pleasure, it is a venial sin. But it seems allowable to permit a nocturnal pollution to complete itself on awaking, if it occurs without intention; and St. Thomas even says "*Si pollutio placeat ut naturæ exoneratio vel alleviatio, peccatum non creditur.*"

¹ Pausanias, *Achaia*, Chapter XVII. The ancient Babylonians believed in a certain "maid of the night," who appeared to men in sleep and roused without satisfying their passions. (Jastrow, *Religion of Babylonians*, p. 262.) This succubus was the Assyrian Liler, connected with the Hebrew Lilith. There was a corresponding incubus, "the little night man," who had nocturnal intercourse with women. (Cf. Ploss, *Das Weib*, 7th ed., pp. 521 *et seq.*) The succubus and the incubus (the latter being more common) were adopted by Christendom; St. Augustine (*De Civitate Dei*, Bk. XV, Ch. XXIII) said that the wicked assaults of sylphs and fauns, otherwise called incubi, on women, are so generally affirmed that it would be impudent to deny them. Incubi flourished in mediæval belief, and can scarcely, indeed, be said to be extinct even to-day. They have been studied by many authors; see, e.g., Dufour, *Histoire de la Prostitution*, vol. v, Ch. XXV. Saint-André, physician-in-ordinary to the French King, pointed out in 1725 that the incubus was a dream. It may be added that the belief in the succubus and incubus appears to be widespread. Thus, the West African Yorubas (according to A. B. Ellis) believe that erotic dreams are due to the god Elegbra, who, either as a male or a female, consorts with men and women in sleep.

² "If any man's seed of copulation go out from him, then he shall bathe all his flesh in water and be unclean until the even. And every garment, and every skin, whereon is the seed of copulation, shall be washed with water and be unclean until the even." Leviticus, XV, v. 16-17.

³ It should be added that the term *pollutio* also covers voluntary effusion of semen outside copulation. (Debreyne, *Machtalogie*, p. 8; for a full discussion of the opinions of theologians concerning nocturnal and diurnal pollutions, see the same author's *Essai sur la Théologie morale*, pp. 100-149.)

Notwithstanding the fair and logical position of the more distinguished Latin theologians, there has certainly been a widely prevalent belief in Catholic countries that pollution during sleep is a sin. In the "Parson's Tale," Chaucer makes the parson say: "Another sin appertaineth to lechery that cometh in sleeping; and the sin cometh oft to them that be maidens, and eke to them that be corrupt; and this sin men clepe pollution, that cometh in four manners;" these four manners being (1) languishing of body from rank and abundant humors, (2) infirmity, (3) surfeit of meat and drink, and (4) villainous thoughts. Four hundred years later, Madame Roland, in her *Mémoires Particulières*, presented a vivid picture of the anguish produced in an innocent girl's mind by the notion of the sinfulness of erotic dreams. She menstruated first at the age of 14. "Before this," she writes, "I had sometimes been awakened from the deepest sleep in a surprising manner. Imagination played no part; I exercised it on too many serious subjects, and my timorous conscience preserved it from amusement with other subjects, so that it could not represent what I would not allow it to seek to understand. But an extraordinary effervescence aroused my senses in the heat of repose, and, by virtue of my excellent constitution, operated by itself a purification which was as strange to me as its cause. The first feeling which resulted was, I know not why, a sort of fear. I had observed in my *Philotée*, that we are not allowed to obtain any pleasure from our bodies except in lawful marriage. What I had experienced could be called a pleasure. I was then guilty, and in a class of offences which caused me the most shame and sorrow, since it was that which was most displeasing to the Spotless Lamb. There was great agitation in my poor heart, prayers and mortifications. How could I avoid it? For, indeed, I had not foreseen it, but at the instant when I experienced it, I had not taken the trouble to prevent it. My watchfulness became extreme. I scrupulously avoided positions which I found specially exposed me to the accident. My restlessness became so great that at last I was able to awake before the catastrophe. When I was not in time to prevent it, I would jump out of bed, with naked feet on to the polished floor, and with crossed arms pray to the Saviour to preserve me from the wiles of the devil. I would then impose some penance on myself, and I have carried out to the letter what the prophet King probably only transmitted to us as a figure of Oriental speech, mixing ashes with my bread and watering it with my tears."

To the early Protestant mind, as illustrated by Luther, there was something diseased, though not impure, in sexual excitement during sleep; thus, in his *Table Talk* Luther remarks that girls who have such dreams should be married at once, "taking the

medicine which God has given." It is only of comparatively recent years that medical science has obtained currency for the belief that this auto-erotic process is entirely normal. Blumenbach stated that nocturnal emissions are normal.¹ Sir James Paget declared that he had never known celibate men who had not such emissions from once or twice a week to twice every three months, both extremes being within the limits of good health, while Sir Lauder Brunton considers once a fortnight or once a month about the usual frequency, at these periods the emissions often following two nights in succession. Rohleder believes that they may normally follow for several nights in succession. Hammond considers that they occur about once a fortnight.² Ribbing regards ten to fourteen days as the normal interval.³ Löwenfeld puts the normal frequency at about once a week;⁴ this seems to be nearer the truth as regards most fairly healthy young men. In proof of this it is only necessary to refer to the exact records of healthy young adults summarized in the study of periodicity in the present volume. It occasionally happens, however, that nocturnal emissions are entirely absent. I am acquainted with some cases. In other fairly healthy young men they seldom occur except at times of intellectual activity or of anxiety and worry.

Lately there has been some tendency for medical opinion to revert to the view of Luther, and to regard sexual excitement during sleep as a somewhat unhealthy phenomenon. Moll is a distinguished advocate of this view. Sexual excitement during sleep is the normal result of celibacy, but it is another thing to say that it is, on that account, satisfactory. We might, then, Moll remarks, maintain that nocturnal incontinence of urine is satisfactory, since the bladder is thus emptied. Yet, we take every precaution against this by insisting that the bladder shall be emptied before going to sleep. (*Libido Sexualis*, Bd. I, p. 552.) This remark is supported by the fact, to which I find that both men and women can bear witness, that sexual excitement during sleep is more fatiguing than in the waking state, though this is not an invariable

¹ *Memoirs*, translated by Bendyshe, p. 182.

² *Sexual Impotence*, p. 137.

³ *L'Hygiène Sexuelle*, p. 169.

⁴ *Sexualleben und Nervenleiden*, p. 164.

rule, and it is sometimes found to be refreshing. In a similar way, Eulenburg (*Sexuale Neuropathie*, p. 55) states that nocturnal emissions are no more normal than coughing or vomiting.

Nocturnal emissions are usually, though not invariably, accompanied by dreams of a voluptuous character in which the dreamer becomes conscious in a more or less fantastic manner of the more or less intimate presence or contact of a person of the opposite sex. It would seem, as a general rule, that the more vivid and voluptuous the dream, the greater is the physical excitement and the greater also the relief experienced on awakening. Sometimes the erotic dream occurs without any emission, and not infrequently the emission takes place after the dreamer has awakened.

The widest and most comprehensive investigation of erotic dreams is that carried out by Gualino, in northern Italy, and based on inquiries among 100 normal men—doctors, teachers, lawyers, etc.—who had all had experience of the phenomenon. (L. Gualino, "Il Sogno Erotico nell' Uomo Normale," *Rivista di Psicologia*, Jan.-Feb., 1907.) Gualino shows that erotic dreams, with emissions (whether or not seminal), began somewhat earlier than the period of physical development as ascertained by Marro for youths of the same part of northern Italy. Gualino found that all his cases had had erotic dreams at the age of seventeen; Marro found 8 per cent. of youths still sexually undeveloped at that age, and while sexual development began at thirteen years, erotic dreams began at twelve. Their appearance was preceded, in most cases for some months, by erections. In 37 per cent. of the cases there had been no actual sexual experiences (either masturbation or intercourse); in 23 per cent. there had been masturbation; in the rest, some form of sexual contact. The dreams are mainly visual, tactual elements coming second, and the *dramatis persona* is either an unknown woman (27 per cent. cases), or only known by sight (56 per cent.), and in the majority is, at all events in the beginning, an ugly or fantastic figure, becoming more attractive later in life, but never identical with the woman loved during waking life. This, as Gualino points out, accords with the general tendency for the emotions of the day to be latent in sleep. Masturbation only formed the subject of the dream in four cases. The emotional state in the pubertal stage, apart from pleasure, was anxiety (37 per cent.), desire (17 per cent.), fear (14 per cent.). In the adult stage, anxiety and fear receded to 7 per cent. and 6 per cent., respectively. Thirty-three of the subjects, as a result of sexual or general disturbances, had had nocturnal emissions

without dreams; these were always found exhausting. Normally (in more than 90 per cent.) erotic dreams are the most vivid of all dreams. In no case was there knowledge of any monthly or other cyclic periodicity in the occurrence of the manifestations. In 34 per cent. of cases, they tended to occur very soon after sexual intercourse. In numerous cases they were peculiarly frequent (even three in one night) during courtship, when the young man was in the habit of kissing and caressing his betrothed, but ceased after marriage. It was not noted that position in bed or a full bladder exerted any marked influence in the occurrence of erotic dreams; repletion of the seminal vesicles is regarded as the main factor.

In Germany erotic dreams have been discussed by Volkelt (*Die Traum-Phantasie*, 1875, pp. 78-82), and especially by Löwenfeld (*Sexual-Probleme*, Oct., 1908), while in America, Stanley Hall thus summarizes the general characteristics of erotic dreams in men: "In by far the most cases, consciousness, even when the act causes full awakening from sleep, finds only scattered images, single words, gestures, and acts, many of which would perhaps normally constitute no provocation. Many times the mental activity seems to be remote and incidental, and the mind retains in the morning nothing except, perhaps, a peculiar dress pattern, the shape of a finger-nail, the back of a neck, the toss of a head, the movement of a foot, or the dressing of the hair. In such cases, these images stand out for a time with the distinctness of a cameo, and suggest that the origin of erotic feticisms is largely to be found in sexual dreams. Very rarely is there any imagery of the organs themselves, but the tendency to irradiation is so strong as to re-enforce the suggestion of so many other phenomena in this field, that nature designs this experience to be long circuited, and that it may give a peculiar ictus to almost any experience. When waking occurs just afterward, it seems at least possible that there may be much imagery that existed, but failed to be recalled to memory, possibly because the flow of psychic impressions was over very familiar fields, and this, therefore, was forgotten, while any eruption into new or unwonted channels, stood out with distinctness. All these psychic phenomena, although very characteristic of man in his prime, are not so of the dreams of dawning puberty, which are far more vivid." (G. Stanley Hall, *Adolescence*, vol. i, p. 455.)

I may, further, quote the experience of an anonymous contributor—a healthy and chaste man between 30 and 38 years of age—to the *American Journal of Psychology* ("Nocturnal Emissions," Jan., 1904): "Legs and breasts often figured prominently in these dreams, the other sexual parts, however, very seldom, and then they turned out to be male organs in most cases. There were but two instances of copulation dreamt. Girls and young women were the usual *dramatis personæ*.

and, curiously enough, often the aggressors. Sometimes the face or faces were well known; sometimes, only once seen; sometimes, entirely unknown. The orgasm occurs at the most erotic part of the dream, the physical and psychical running parallel. This most erotic or suggestive part of the dream was very often quite an innocent looking incident enough. As, for example: while passing a strange young woman, overtaken on the street, she calls after me some question. At first, I pay no heed, but when she calls again, I hesitate whether to turn back and answer or not—emission. Again, walking beside a young woman, she said, "Shall I take your arm?" I offered it, and she took it, entwining her arm around it, and raising it high—emission. I could feel stronger erection as she asked the question. Sometimes, a word was enough; sometimes, a gesture. Once emission took place on my noticing the young woman's diminished finger-nails. Another example of fetichism was my being curiously attracted in a dream by the pretty embroidered figure on a little girl's dress. As an illustration of the strange metamorphoses that occur in dreams, I one night, in my dream (I had been observing partridges in the summer) fell in love with a partridge, which changed under my caresses to a beautiful girl, who yet retained an indescribable wild-bird innocence, grace, and charm—a sort of Undina!"

These experiences may be regarded as fairly typical of the erotic dreams of healthy and chaste young men. The bird, for instance, that changes into a woman while retaining some elements of the bird, has been encountered in erotic dreams by other young men. It is indeed remarkable that, as De Gubernatis observes, "the bird is a well-known phallic symbol," while Maeder finds ("Interprétations de Quelques Rêves," *Archives de Psychologie*, April, 1907) that birds have a sexual significance both in life and in dreams. The appearance of male organs in the dream-woman is doubtless due to the dreamer's greater familiarity with those organs; but, though it occurs occasionally, it can scarcely be said to be the rule in erotic dreams. Even men who have never had connection with a woman, are quite commonly aware of the presence of a woman's sexual organs in their erotic dreams.

Moll's comparison of nocturnal emissions of semen with nocturnal incontinence of urine suggests an interesting resemblance, and at the same time seeming contrast. In both cases we are concerned with viscera which, when overfilled or unduly irritable, spasmodically eject their contents during sleep. There is a further resemblance which usually becomes clear when, as occasionally happens, nocturnal incontinence of urine persists on to late childhood or adolescence: both phenomena are frequently accompanied by vivid dreams of appropriate character. (See e.g., Ries, "Ueber Enuresis Nocturna," *Monatsschrift für Harnkrankheiten und Sexuelle Hygiene*, 1904; A. P. Buchan, nearly

a century ago, pointed out the psychic element in the experiences of young persons who wetted the bed, *Venus sine Concubitu*, 1816, p. 47.) Thus, in one case known to me, a child of seven, who occasionally wetted the bed, usually dreamed at the same time that she wanted to make water, and was out of doors, running to find a suitable spot, which she at last found, and, on awaking, discovered that she had wetted the bed; fifteen years later she still sometimes had similar dreams, which caused her much alarm until, when thoroughly awake, she realized that no accident had happened; these later dreams were not the result of any actual strong desire to urinate. In another case with which I am acquainted, a little girl of eight, after mental excitement or indigestible meals, occasionally wetted the bed, dreaming that she was frightened by some one running after her, and wetted herself in consequence, after the manner of the Ganymede in the eagle's clutch, as depicted by Rembrandt. These two cases, it may be noted, belong to two quite different types. In the first case, the full bladder suggests to imagination the appropriate actions for relief, and the bladder actually accepts the imaginative solution offered; it is, according to Fiorani's phrase, "sommambulism of the bladder." In the other case, there is no such sommambulism, but a psychic and nervous disturbance, not arising in the bladder at all, irradiates convulsively, and whether or not the bladder is overfull, attacks a vesical nervous system which is not yet sufficiently well-balanced to withstand the inflow of excitement. In children of somewhat nervous temperament, manifestations of this kind may occur as an occasional accident, up to about the age of seven or eight; and thereafter, the nervous control of the bladder having become firmly established, they cease to happen, the nervous energy required to affect the bladder sufficing to awake the dreamer. In very rare cases, however, the phenomenon may still occasionally happen, even in adolescence or later, in individuals who are otherwise quite free from it. This is most apt to occur in young women even in waking life. In men it is probably extremely rare.

The erotic dream seems to differ flagrantly from the vesical dream, in that it occurs in adult life, and is with difficulty brought under control. The contrast is, however, very superficial. When we remember that sexual activity only begins normally at puberty, we realize that the youth of twenty is, in the matter of sexual control, scarcely much older than in the matter of vesical control he was at the age of six. Moreover, if we were habitually, from our earliest years, to go to bed with a full bladder, as the chaste man goes to bed with unrelieved sexual system, it would be fully as difficult to gain vesical control during sleep as it now is to gain sexual control. Ultimately, such sexual control is attained; after the age of forty, it seems that erotic dreams with emission become more and more rare; either the dream occurs with-

out actual emission, exactly as dreams of urination occur in adults with full bladder, or else the organic stress, with or without dreams, serves to awaken the sleeper before any emission has occurred. But this stage is not easily or completely attained. St. Augustine, even at the period when he wrote his *Confessions*, mentions, as a matter of course, that sexual dreams "not merely arouse pleasure, but gain the consent of the will." (X. 41.) Not infrequently there is a struggle in sleep, just as the hypnotic subject may resist suggestions; thus, a lady of thirty-five dreamed a sexual dream, and awoke without excitement; again she fell asleep, and had another dream of sexual character, but resisted the tendency to excitement, and again awoke; finally, she fell asleep and had a third sexual dream, which was this time accompanied by the orgasm. (This has recently been described also by Nücke, who terms it *pollutio interrupta*, *Neurologisches Centralblatt*, Oct. 16, 1909; the corresponding voluntary process in the waking state is described by Rohleder and termed *masturbatio interrupta*, *Zeitschrift für Sexualwissenschaft*, Aug., 1908.) The factors involved in the acquirement of vesical and sexual control during sleep are the same, but the conditions are somewhat different.

There is a very intimate connection between the vesical and the sexual spheres, as I have elsewhere pointed out (see e.g. in the third volume of these *Studies*, "Analysis of the Sexual Impulse"). This connection is psychic as well as organic. Both in men and women, a full bladder tends to develop erotic dreams. (See e.g. K. A. Scherner, *Das Leben des Traums*, 1861, pp. 187 *et seq.*; Spitta also points out the connection between vesical and erotic dreams, *Die Schlaf und Traumzustände*, 2d ed., 1882, pp. 250 *et seq.*) Raymond and Janet state (*Les Obsessions*, vol. ii, p. 135) that nocturnal incontinence of urine, accompanied by dreams of urination, may be replaced at puberty by masturbation. In the reverse direction, Freud believes (*Monatsschrift für Psychiatrie*, Bd. XVIII, p. 433) that masturbation plays a large part in causing the bed-wetting of children who have passed the age when that usually ceases, and he even finds that children are themselves aware of the connection.

The diagnostic value of sexual dreams, as an indication of the sexual nature of the subject when awake, has been emphasized by various writers. (E.g., Moll, *Die Konträre Sexualempfindung*, Ch. IX; Nücke, "Der Traum als feinstes Reagens für die Art des sexuellen Empfindens," *Monatsschrift für Kriminalpsychologie*, 1905, p. 500.) Sexual dreams tend to reproduce, and even to accentuate, those characteristics which make the strongest sexual appeal to the subject when awake.

At the same time, this general statement has to be qualified, more especially as regards inverted dreams. In the first place, a young man, however normal, who is not familiar with the feminine body when

awake, is not likely to see it when asleep, even in dreams of women; in the second place, the confusions and combinations of dream imagery often tend to obliterate sexual distinctions, however free from perversions the subjects may be. Thus, a correspondent tells me of a healthy man, of very pure character, totally inexperienced in sexual matters, and never having seen a woman naked, who, in his sexual dreams, always sees the woman with male organs, though he has never had any sexual inclinations for men, and is much in love with a lady. The confusions and associations of dream imagery, leading to abnormal combinations, may be illustrated by a dream which once occurred to me after reading Joest's account of how a young negress, whose tattoo-marks he was sketching, having become bored, suddenly pressed her hands to her breasts, spirting two streams of lukewarm milk into his face, and ran away laughing; I dreamed of a woman performing a similar action, not from her breasts, however, but from a penis with which she was furnished. Again, by another kind of confusion, a man dreams sexually that he is with a man, although the figure of the partner revealed in the dream is a woman. The following dream, in a normal man who had never been, or wished to be, in the position shown by the dream, may be quoted: "I dreamed that I was a big boy, and that a younger boy lay close beside me, and that we (or, certainly, he) had seminal emissions; I was complacently passive, and had a feeling of shame when the boy was discovered. On awaking I found I had had no emission, but was lying very close to my wife. The day before, I had seen boys in a swimming-match." This was, it seems to me, an example of dream confusion, and not an erotic inverted dream. (Näcke also brings forward inverted dreams by normal persons; see *e.g.* his "Beiträge zu den sexuellen Träumen," *Archiv für Kriminalanthropologie*, Bd. XX, 1908, p. 366.)

So far as I have been able to ascertain, there seem to be, generally speaking, certain differences in the manifestations of auto-erotism during sleep in men and women which I believe to be not without psychological significance. In men the phenomenon is fairly simple; it usually appears about puberty, continues at intervals of varying duration during sexual life provided the individual is living chastely, and is generally, though not always, accompanied by erotic dreams which lead up to the climax, its occurrence being, to some extent, influenced by a variety of circumstances: physical, mental, or emotional excitement, alcohol taken before retiring, position in bed (as lying on the back), the state of the bladder, sometimes the mere fact of

being in a strange bed, and to some extent apparently by the existence of monthly and yearly rhythms. On the whole, it is a fairly definite and regular phenomenon which usually leaves little conscious trace on awaking, beyond probably some sense of fatigue and, occasionally, a headache. In women, however, the phenomena of auto-erotism during sleep seem to be much more irregular, varied, and diffused. So far as I have been able to make inquiries, it is the exception rather than the rule for girls to experience definitely erotic dreams about the period of puberty or adolescence.¹ Auto-erotic phenomena during sleep in women who have never experienced the orgasm when awake are usually of a very vague kind; while it is the rule in a chaste youth for the orgasm thus to manifest itself, it is the exception in a chaste girl. It is not, as a rule, until the orgasm has been definitely produced in the waking state—under whatever conditions it may have been produced—that it begins to occur during sleep, and even in a strongly sexual woman living a repressed life it is often comparatively infrequent.² Thus, a young medical woman who endeavors to deal strenuously with her physical sexual emotions writes: "I sleep soundly, and do not dream at all. Occasionally, but very rarely, I have had sensations which awakened me suddenly. They can scarcely be called dreams, for they are mere impulses, nothing connected or coherent, yet prompted, I know, by sexual feeling. This is probably an experience common to all." Another lady (with a restrained psycho-sexual tendency to be attracted to both sexes), states that her first sexual sensations with orgasm were felt in dreams at the age of 16, but these dreams, which she has now forgotten, were not agreeable and not erotic; two or three years later spontaneous orgasm began to

¹ I may here refer to the curious opinion expressed by Dr. Elizabeth Blackwell, that, while the sexual impulse in man is usually relieved by seminal emissions during sleep, in women it is relieved by the occurrence of menstruation. This latter statement is flagrantly at variance with the facts; but it may perhaps be quoted in support of the view expressed above as to the comparative rarity of sexual excitement during sleep in young girls.

² Löwenfeld has recently expressed the same opinion. Rohleder believes that pollutions are physically impossible in a *real* virgin, but that opinion is too extreme.

occur occasionally when awake, and after this, orgasm took place regularly once or twice a week in sleep, but still without erotic dreams; she merely dreamt that the orgasm was occurring and awoke as it took place.

It is possible that to the comparative rarity in chaste women of complete orgasm during sleep, we may in part attribute the violence with which repressed sexual emotion in women often manifests itself.¹ There is thus a difference here between men and women which is of some significance when we are considering the natural satisfaction of the sexual impulse in chaste women.

In women, who have become accustomed to sexual intercourse, erotic dreams of fully developed character occur, with complete orgasm and accompanying relief—as may occasionally be the case in women who are not acquainted with actual intercourse;² some women, however, even when familiar with actual coitus, find that sexual dreams, though accompanied by emissions, are only the symptoms of desire and do not produce actual relief.

Some interest attaches to cases in which young women, even girls at puberty, experience dreams of erotic character, or at all events dream concerning coitus or men in erection, although they

¹ It may be added that in more or less neurotic women and girls, erotic dreams may be very frequent and depressing. Thus, J. M. Fothergill (*West-Riding Asylum Report*, 1870, vol. vi) remarks: "These dreams are much more frequent than is ordinarily thought, and are the cause of a great deal of nervous depression among women. Women of a highly-nervous diathesis suffer much more from these drains than robust women. Not only are these involuntary orgasms more frequent among such women, but they cause more disturbance of the general health in them than in other women."

² I may remark here that a Russian correspondent considers that I have greatly underestimated the frequency of erotic manifestations during sleep in young girls. "All the women I have interrogated on this point," he informs me, "say that they have had such pollutions from the time of puberty, or even earlier, accompanied by erotic dreams. I have put the question to some twenty or thirty women. It is true that they were of southern race (Italian, Spanish, and French), and I believe that Southerners are, in this matter, franker than northern women, who consider the activity of the flesh as shameful, and seek to conceal it." My correspondent makes no reference to the chief point of sexual difference, so far as my observation goes, which is that erotic dreams are comparatively rare in those women *who have yet had no sort of sexual experience in waking life.* Whether or not this is correct, I do not question the frequency of erotic dreams in girls who have had such experience.

profess, and almost certainly with truth, to be quite ignorant of sexual phenomena. Several such dreams of remarkable character have been communicated to me. One can imagine that the psychologists of some schools would see in these dreams the spontaneous eruption of the experiences of the race. I am inclined to regard them as forgotten memories, such as we know to occur sometimes in sleep. The child has somehow seen or heard of sexual phenomena and felt no interest, and the memory may subsequently be aroused in sleep, under the stimulation of new-born sexual sensations.

It is a curious proof of the ignorance which has prevailed in recent times concerning the psychic sexual nature of women that, although in earlier ages the fact that women are normally liable to erotic dreams was fully recognized, in recent times it has been denied, even by writers who have made a special study of the sexual impulse in women. Eulenburg (*Sexuale Neuropathie*, 1895, pp. 31, 79) appears to regard the appearances of sexual phenomena during sleep, in women, as the result of masturbation. Adler, in what is in many respects an extremely careful study of sexual phenomena in women (*Die Mangelhafte Geschlechtsempfindung des Weibes*, 1904, p. 130), boldly states that they do not have erotic dreams. In 1847, E. Guibout ("Des Pollutions Involontaires chez la Femme," *Union Médicale*, p. 260) presented the case of a married lady who masturbated from the age of ten, and continued the practice, even after her marriage at twenty-four, and at twenty-nine began to have erotic dreams with emissions every few nights, and later sometimes even several times a night, though they ceased to be voluptuous; he believed the case to be the first ever reported of such a condition in a woman. Yet, thousands of years ago, the Indian of Vedic days recognized erotic dreams in women as an ordinary and normal occurrence. (Löwenfeld quotes a passage to this effect from the Oupnek'hat, *Sexualleben und Nervenleiden*, 2d ed., p. 114.) Even savages recognize the occurrence of erotic dreams in women as normal, for the Papuans, for instance, believe that a young girl's first menstruation is due to intercourse with the moon in the shape of a man, the girl dreaming that a man is embracing her. (*Reports Cambridge Expedition to Torres Straits*, vol. v, p. 206.) In the seventeenth century, Rolfincius, in a well-informed study (*De Pollutione Nocturna*, a Jena Inaugural Dissertation, 1667), concluded that women experience such manifestations, and quotes Aristotle, Galen, and Fernelius, in the same sense. Sir Thomas Overbury, in his *Characters*, written in the early part of the same century, describing the ideal milkmaid, says that "her

dreams are so chaste that she dare tell them," clearly implying that it was not so with most women. The notion that women are not subject to erotic dreams thus appears to be of comparatively recent origin.

One of the most interesting and important characters by which the erotic dreams of women—and, indeed, their dreams generally—differ from those of men is in the tendency to evoke a repercussion on the waking life, a tendency more rarely noted in men's erotic dreams, and then only to a minor extent. This is very common, even in healthy and normal women, and is exaggerated to a high degree in neurotic subjects, by whom the dream may even be interpreted as a reality, and so declared on oath, a fact of practical importance.

Hersman—having met with a case in which a school-girl with chorea, after having dreamed of an assault, accused the principal of a school of assault, securing his conviction—obtained the opinions of various American alienists as to the frequency with which such dreams in unstable mental subjects lead to delusions and criminal accusations. Dercum, H. C. Wood, and Rohé had not personally met with such cases; Burr believed that there was strong evidence "that a sexual dream may be so vivid as to make the subject believe she has had sexual congress"; Kiernan knew of such cases; C. H. Hughes, in persons with every appearance of sanity, had known the erotic dreams of the night to become the erotic delusions of the day, the patient protesting violently the truth of her story; while Hersman reports the case¹ of a young lady in an asylum who had nightly delusions that a medical officer visited her every night, and had to do with her,

¹ C. C. Hersman, "Medico-legal Aspects of Eroto-Choreic Insanities," *Alienist and Neurologist*, July, 1897. I may mention that Pitres (*Leçons cliniques sur l'Hystérie*, vol. ii, p. 34) records the almost identical case of a hysterical girl in one of his wards, who was at first grateful to the clinical clerk to whom her case was intrusted, but afterward changed her behavior, accused him of coming nightly through the window, lying beside her, caressing her, and then exerting violent coitus three or four times in succession, until she was utterly exhausted. I may here refer to the tendency to erotic excitement in women under the influence of chloroform and nitrous oxide, a tendency rarely or never noted in men, and of the frequency with which the phenomenon is attributed by the subject to actual assault. See H. Ellis, *Man and Woman*, pp. 269-274.

coming up the hot-air flue. I am acquainted with a similar case in a clever, but highly neurotic, young woman, who writes: "For years I have been trying to stamp out my passional nature, and was beginning to succeed when a strange thing happened to me last autumn. One night, as I lay in bed, I felt an influence so powerful that a man seemed present with me. I crimsoned with shame and wonder. I remember that I lay upon my back, and marveled when the spell had passed. The influence, I was assured, came from a priest whom I believed in and admired above everyone in the world. I had never dreamed of love in connection with him, because I always thought him so far above me. The influence has been upon me ever since—sometimes by day and nearly always by night; from it I generally go into a deep sleep, which lasts until morning. I am always much refreshed when I awake. This influence has the best effect upon my life that anything has ever had as regards health and mind. It is the knowledge that I am loved *fittingly* that makes me so indifferent to my future. What worries me is that I sometimes wonder if I suffer from a nervous disorder merely." The subject thus seemed to regard these occurrences as objectively caused, but was sufficiently sane to wonder whether her experiences were not due to mental disorder.¹

The tendency of the auto-erotic phenomena of sleep to be manifested with such energy as to flow over into the waking life and influence conscious emotion and action, while very well marked in normal and healthy women, is seen to an exaggerated extent in hysterical women, in whom it has, therefore, chiefly been studied. Sante de Sanctis, who has investigated the dreams of many classes of people, remarks on the frequently sexual character of the dreams of hysterical women, and the repercussion of

¹ In Australia, some years ago, a man was charged with rape, found guilty of "attempt," and sentenced to eighteen months' imprisonment, on the accusation of a girl of 13, who subsequently confessed that the charge was imaginary; in this case, the jury found it impossible to believe that so young a girl could have been lying, or hallucinated, because she narrated the details of the alleged offence with such circumstantial detail. Such cases are not uncommon, and in some measure, no doubt, they may be accounted for by auto-erotic nocturnal hallucinations.

such dreams on the waking life of the following day; he gives a typical case of hysterical erotic dreaming in an uneducated servant-girl of 23, in whom such dreams occur usually a few days before the menstrual period; her dreams, especially if erotic, make an enormous impression on her; in the morning she is bad-tempered if they were unpleasant, while she feels lascivious and gives herself up to masturbation if she has had erotic dreams of men; she then has a feeling of pleasure throughout the day, and her sexual organs are bathed with moisture.¹ Pitres and Gilles de la Tourette, two of Charcot's most distinguished pupils, in their elaborate works on hysteria, both consider that dreams generally have a great influence on the waking life of the hysterical, and they deal with the special influence of erotic dreams, to which, doubtless, we must refer those conceptions of *incubi* and *succubi* which played so vast and so important a part in the demonology of the Middle Ages, and while not unknown in men were most frequent in women. Such erotic dreams—as these observers, confirming the experience of old writers, have found among the hysterical to-day—are by no means always, or even usually, of a pleasurable character. “It is very rare,” Pitres remarks, when insisting on the sexual character of the hallucinations of the hysterical, “for these erotic hallucinations to be accompanied by agreeable voluptuous sensations. In most cases the illusion of sexual intercourse even provokes acute pain. The witches of old times nearly all affirmed that in their relations with the devil they suffered greatly.² They said that his organ was long and rough and pointed, with scales which lifted on with-

¹ Sante de Sanctis, *I sogni e il sonno nell'isterismo e nella epilessia*, Rome, 1896, p. 101.

² Pitres, *Leçons cliniques sur l'Hystérie*, vol. ii, pp. 37 et seq. The Lorraine inquisitor, Nicolas Remy, very carefully investigated the question of the feelings of witches when having intercourse with the Devil, questioning them minutely, and ascertained that such intercourse was usually extremely painful, filling them with icy horror (See, e.g., Dufour, *Histoire de la Prostitution*, vol. v, p. 127; the same author presents an interesting summary of the phenomena of the Witches' Sabbath). But intercourse with the Devil was by no means always painful. Isabel Gowdie, a Scotch witch, bore clear testimony to this point: “The youngest and lustiest women,” she stated, “will have very great pleasure in their carnal copulation with him, yea, much more than with their own husbands. . . . He is abler for us than any man can be.

drawal and tore the vagina." (It seems probable, I may remark, that the witches' representations, both of the devil and of sexual intercourse, were largely influenced by familiarity with the coupling of animals). As Gilles de la Tourette is careful to warn his readers, we must not too hastily assume, from the prevalence of nocturnal auto-erotic phenomena in hysterical women, that such women are necessarily sexual and libidinous in excess; the disorder is in them psychic, he points out, and not physical, and they usually receive sexual approaches with indifference and repugnance, because their sexual centres are anæsthetic or hyperæsthetic. "During the period of sexual activity they seek much more the care and delicate attention of men than the genital act, which they often only tolerate. Many households, begun under the happiest auspices—the bride all the more apt to believe that she loves her betrothed in virtue of her suggestibility, easily exalted, perhaps at the expense of the senses—become hells on earth. The sexual act has for the hysterical woman more than one disillusion; she cannot understand it; it inspires her with insurmountable repugnance."¹ I refer to these hysterical phenomena because they present to us, in an extreme form, facts which are common among women whom, under the artificial conditions of civilized life, we are compelled to regard as ordinarily healthy and normal. The frequent painfulness of auto-erotic phenomena is by no means an exclusively hysterical phenomenon, although often seen in a heightened form in hysterical conditions. It is probably to some extent simply the result of a conflict in consciousness with a merely physical impulse which is strong enough to assert itself in spite of the emotional and intellectual abhorrence of the subject. It is thus but an extreme

(Alack! that I should compare him to a man!)" Yet her description scarcely sounds attractive; he was a "large, black, hairy man, very cold, and I found his nature as cold within me as spring well-water." His foot was forked and cloven; he was sometimes like a deer, or a roe; and he would hold up his tail while the witches kissed that region (Pitcairn, *Criminal Trials in Scotland*, vol. iii, Appendix VII; see, also, the illustrations at the end of Dr. A. Marie's *Folie et Mysticisme*, 1907).

¹ Gilles de la Tourette, *loc. cit.*, p. 518. Erotic hallucinations have also been studied by Bellamy, in a Bordeaux thesis, *Hallucinations Erotiques*, 1900-1901.

form of the disgust which all sexual physical manifestations tend to inspire in a person who is not inclined to respond to them. Somewhat similar psychic disgust and physical pain are produced in the attempts to stimulate the sexual emotions and organs when these are exhausted by exercise. In the detailed history which Moll presents, of the sexual experiences of a sister in an American nursing guild,—a most instructive history of a woman fairly normal except for the results of repressed sexual emotion, and with strong moral tendencies,—various episodes are narrated well illustrating the way in which sexual excitement becomes unpleasant or even painful when it takes place as a physical reflex which the emotions and intellect are all the time struggling against.¹ It is quite probable, however, that there is a physiological, as well as a psychic, factor in this phenomenon, and Sollier, in his elaborate study of the nature and genesis of hysteria, by insisting on the capital importance of the disturbance of sensibility in hysteria, and the definite character of the phenomena produced in the passage between anæsthesia and normal sensation, has greatly helped to reveal the mechanism of this feature of auto-erotic excitement in the hysterical.

No doubt there has been a tendency to exaggerate the unpleasant character of the auto-erotic phenomena of hysteria. That tendency was an inevitable reaction against an earlier view, according to which hysteria was little more than an unconscious expression of the sexual emotions and as such was unscientifically dismissed without any careful investigation. I agree with Breuer and Freud that the sexual needs of the hysterical are just as individual and various as those of normal women, but that they suffer from them more, largely through a moral struggle with

¹ On one occasion, when still a girl, whenever an artist whom she admired touched her hand she felt erection and moisture of the sexual parts, but without any sensation of pleasure; a little later, when an uncle's knee casually came in contact with her thigh, ejaculation of mucus took place, though she disliked the uncle; again, when a nurse, on casually seeing a man's sexual organs, an electric shock went through her, though the sight was disgusting to her; and when she had once to assist a man to urinate, she became in the highest degree excited, though without pleasure, and lay down on a couch in the next room, while a conclusive ejaculation took place. (Moll, *Libido Sexualis*, Bd. I, p. 354.)

their own instincts, and the attempt to put them into the background of consciousness.¹ In many hysterical and psychically abnormal women, auto-erotic phenomena, and sexual phenomena generally, are highly pleasurable, though such persons may be quite innocent of any knowledge of the erotic character of the experience. I have come across interesting and extreme examples of this in the published experiences of the women followers of the American religious leader, T. L. Harris, founder of the "Brotherhood of the New Life." Thus, in a pamphlet entitled "Internal Respiration," by Respiro, a letter is quoted from a lady physician, who writes: "One morning I awoke with a strange new feeling in the womb, which lasted for a day or two; I was so very happy, but the joy was in my womb, not in my heart."² "At last," writes a lady quoted in the same pamphlet, "I fell into a slumber, lying on my back with arms and feet folded, a position I almost always find myself in when I awake, no matter in which position I may go to sleep. Very soon I awoke from this slumber with a most delightful sensation, every fibre tingling with an exquisite glow of warmth. I was lying on my left side (something I am never able to do), and was folded in the arms of my counterpart. Unless you have seen it, I cannot give you an idea of the beauty of his flesh, and with what joy I beheld and felt it. Think of it, luminous flesh; and Oh! such tints, you never could imagine without seeing. He folded me so closely in his arms," etc. In such cases there is no conflict between the physical and the psychic, and therefore the resulting excitement is pleasurable and not painful.

At this point our study of auto-erotism brings us into the sphere of mysticism. Leuba, in a penetrating and suggestive essay on Christian mysticism, after quoting the present *Study*, refers to the famous passages in which St. Theresa describes how a beautiful little angel inserted a flame-tipped dart into her

¹ Breuer and Freud, *Studien über Hysterie*, 1895, p. 217.

² Calmeil (*De la Folie*, vol. i, p. 252) called attention to the large part played by uterine sensations in the hallucinations of some famous women ascetics, and added: "It is well recognized that the narrative of such sensations nearly always occupies the first place in the divagations of hysterical virgins."

heart until it descended into her bowels and left her inflamed with divine love. "What physiological difference," he asks, "is there between this voluptuous sensation and that enjoyed by the disciple of the Brotherhood of New Life? St. Theresa says 'bowels,' the woman doctor says 'womb,' that is all."¹

The extreme form of auto-erotism is the tendency for the sexual emotion to be absorbed and often entirely lost in self-admiration. This Narcissus-like tendency, of which the normal germ in women is symbolized by the mirror, is found in a minor degree in some men, and is sometimes well marked in women, usually in association with an attraction for other persons, to which attraction it is, of course, normally subservient. "The mirror," remarks Bloch (*Beiträge* I, p. 201), "plays an important part in the genesis of sexual aberration. . . . It cannot be doubted that many a boy and girl have first experienced sexual excitement at the sight of their own bodies in a mirror."

Valera, the Spanish novelist, very well described this impulse in his *Genio y Figura*. Rafaela, the heroine of this novel, says that, after her bath: "I fall into a puerility which may be innocent or vicious, I cannot decide. I only know that it is a purely contemplative act, a disinterested admiration of beauty. It is not coarse sensuality, but æsthetic platonism. I imitate Narcissus; and I apply my lips to the cold surface of the mirror and kiss my image. It is the love of beauty, the expression of tenderness and affection for what God has made manifest, in an ingenuous kiss imprinted on the empty and incorporeal reflection." In the same spirit the real heroine of the *Tagebuch einer Verlorenen* (p. 114), at the point when she was about to become a prostitute, wrote: "I am pretty. It gives me pleasure to throw off my clothes, one by one, before the mirror, and to look at myself, just as I am, white as snow and straight as a fir, with my long, fine, hair, like a cloak of black silk. When I spread abroad the black stream of it, with both hands, I am like a white swan with black wings."

A typical case known to me is that of a lady of 28, brought up on a farm. She is a handsome woman, of very large and fine proportions, active and healthy and intelligent, with, however, no marked sexual attraction to the opposite sex; at the same time she is not inverted, though she would like to be a man, and has a considerable degree of contempt for women. She has an intense admiration for her own

¹ H. Leuba, "Les Tendances Religieuses chez les Mystiques Chrétiens," *Revue Philosophique*, November, 1902, p. 405. St. Theresa herself states that physical sensations played a considerable part in this experience.

person, especially her limbs; she is never so happy as when alone and naked in her own bedroom, and, so far as possible, she cultivates nakedness. She knows by heart the various measurements of her body, is proud of the fact that they are strictly in accordance with the canons of proportion, and she laughs proudly at the thought that her thigh is larger than many a woman's waist. She is frank and assured in her manners, without sexual shyness, and, while willing to receive the attention and admiration of others, she makes no attempt to gain it, and seems never to have experienced any emotions stronger than her own pleasure in herself. I should add that I have had no opportunity of detailed examination, and cannot speak positively as to the absence of masturbation.

In the extreme form in which alone the name of Narcissus may properly be invoked, there is comparative indifference to sexual intercourse or even the admiration of the opposite sex. Such a condition seems to be rare, except, perhaps, in insanity. Since I called attention to this form of auto-erotism (*Alienist and Neurologist*, April, 1898), several writers have discussed the condition, especially Nücke, who, following out the suggestion, terms the condition Narcissism. Among 1,500 insane persons, Nücke has found it in four men and one woman (*Psychiatrie en Neurologische Bladen*, No. 2, 1899). Dr. C. H. Hughes writes (in a private letter) that he is acquainted with such cases, in which men have been absorbed in admiration of their own manly forms, and of their sexual organs, and women, likewise, absorbed in admiration of their own mammæ and physical proportions, especially of limbs. "The whole subject," he adds, "is a singular phase of psychology, and it is not all morbid psychology, either. It is closely allied to that æsthetic sense which admires the nude in art."

Féré (*L'Instinct Sexuel*, 2d ed., p. 271) mentions a woman who experienced sexual excitement in kissing her own hand. Nücke knew a woman in an asylum who, during periodical fits of excitement, would kiss her own arms and hands, at the same time looking like a person in love. He also knew a young man with dementia præcox, who would kiss his own image ("Der Kuss bei Geisteskranken," *Allgemeine Zeitschrift für Psychiatrie*, Bd. LXIII, p. 127). Moll refers to a young homosexual lawyer, who experienced great pleasure in gazing at himself in a mirror (*Konträre Sexualempfindung*, 3d ed., p. 228), and mentions another inverted man, an admirer of the nates of men, who, chancing to observe his own nates in a mirror, when changing his shirt, was struck by their beauty, and subsequently found pleasure in admiring them (*Libido Sexualis*, Bd. I, Theil I, p. 60). Krafft-Ebing knew a man who masturbated before a mirror, imagining, at the same time, how much better a real lover would be.

The best-observed cases of Narcissism have, however, been recorded by Rohleder, who confers upon this condition the ponderous name of automonosexualism, and believes that it has not been previously observed (H. Rohleder, *Der Automonosexualismus*, being Heft 225 of *Berliner Klinik*, March, 1907). In the two cases investigated by Rohleder, both men, there was sexual excitement in the contemplation of the individual's own body, actually or in a mirror, with little or no sexual attraction to other persons. Rohleder is inclined to regard the condition as due to a congenital defect in the "sexual centre" of the brain.

II.

Hysteria and the Question of Its Relation to the Sexual Emotions—The Early Greek Theories of its Nature and Causation—The Gradual Rise of Modern Views—Charcot—The Revolt Against Charcot's Too Absolute Conclusions—Fallacies Involved—Charcot's Attitude the Outcome of his Personal Temperament—Breuer and Freud—Their Views Supplement and Complete Charcot's—At the Same Time they Furnish a Justification for the Earlier Doctrine of Hysteria—But They Must Not be Regarded as Final—The Diffused Hysteroid Condition in Normal Persons—The Physiological Basis of Hysteria—True Pathological Hysteria is Linked on to almost Normal States, especially to Sex-hunger.

THE nocturnal hallucinations of hysteria, as all careful students of this condition now seem to agree, are closely allied to the hysterical attack proper. Sollier, indeed, one of the ablest of the more recent investigators of hysteria, has argued with much force that the subjects of hysteria really live in a state of pathological sleep, of vigilambulism.¹ He regards all the various accidents of hysteria as having a common basis in disturbances of sensibility, in the widest sense of the word "sensibility,"—as the very foundation of personality,—while anæsthesia is "the real *sigillum hysteriæ*." Whatever the form of hysteria, we are thus only concerned with a more or less profound state of vigilambulism: a state in which the subject seems, often even to himself, to be more or less always asleep, whether the sleep may be regarded as local or general. Sollier agrees with Féré that the disorder of sensibility may be regarded as due to an exhaustion of the sensory centres of the brain, whether as the

¹ *Génèse et Nature de l'Hystérie*, 1898; and, for Sollier's latest statement, see "Hystérie et Sommeil," *Archives de Neurologie*, May and June, 1907. Lombroso (*L'Uomo Delinquente*, 1889, vol. ii, p. 329), referring to the diminished metabolism of the hysterical, had already compared them to hibernating animals, while Babinsky states that the hysterical are in a state of subconsciousness, a state, as Metchnikoff remarks (*Essais optimistes*, p. 270), reminiscent of our prehistoric past.

result of constitutional cerebral weakness, of the shock of a violent emotion, or of some toxic influence on the cerebral cells.

We may, therefore, fitly turn from the auto-erotic phenomena of sleep which in women generally, and especially in hysterical women, seem to possess so much importance and significance, to the question—which has been so divergently answered at different periods and by different investigators—concerning the causation of hysteria, and especially concerning its alleged connection with conscious or unconscious sexual emotion.¹

It was the belief of the ancient Greeks that hysteria came from the womb; hence its name. We first find that statement in Plato's *Timæus*: "In men the organ of generation—becoming rebellious and masterful, like an animal disobedient to reason, and maddened with the sting of lust—seeks to gain absolute sway; and the same is the case with the so-called womb, or uterus, of women; the animal within them is desirous of procreating children, and, when remaining unfruitful long beyond its proper time, gets discontented and angry, and, wandering in every direction through the body, closes up the passages of the breath, and, by obstructing respiration,² drives them to extremity, causing all varieties of disease."

Plato, it is true, cannot be said to reveal anywhere a very scientific attitude toward Nature. Yet he was here probably only giving expression to the current medical doctrine of his day. We find precisely the same doctrine attributed to Hippocrates,

¹ Professor Freud, while welcoming the introduction of the term "auto-erotism," remarks that it should not be made to include the whole of hysteria. This I fully admit, and have never questioned. Hysteria is far too large and complex a phenomenon to be classed as entirely a manifestation of auto-erotism, but certain aspects of it are admirable illustrations of auto-erotic transformation.

² The hysterical phenomenon of *globus hystericus* was long afterward attributed to obstruction of respiration by the womb. The interesting case has been recorded by E. Bloch (*Wiener Klinische Wochenschrift*, 1907, p. 1649) of a lady who had the feeling of a ball rising from her stomach to her throat, and then sinking. This feeling was associated with thoughts of her husband's rising and falling penis, and was always most liable to occur when she wished for coitus.

though without a clear distinction between hysteria and epilepsy.¹ If we turn to the best Roman physicians we find again that Aretæus, "the Esquirol of antiquity," has set forth the same view, adding to his description of the movements of the womb in hysteria: "It delights, also, in fragrant smells, and advances toward them; and it has an aversion to fœtid smells, and flies from them; and, on the whole, the womb is like an animal within an animal."² Consequently, the treatment was by applying fœtid smells to the nose and rubbing fragrant ointments around the sexual parts.³

The Arab physicians, who carried on the traditions of Greek medicine, appear to have said nothing new about hysteria, and possibly had little knowledge of it. In Christian mediæval Europe, also, nothing new was added to the theory of hysteria; it was, indeed, less known medically than it had ever been, and, in part it may be as a result of this ignorance, in part as a result of general wretchedness (the hysterical phenomena of witchcraft reaching their height, Michelet points out, in the fourteenth century, which was a period of special misery for the poor), it flourished more vigorously. Not alone have we the records of nervous epidemics, but illuminated manuscripts, ivories, miniatures, bas-reliefs, frescoes, and engravings furnish the most vivid iconographic evidence of the prevalence of hysteria in its most violent forms during the Middle Ages. Much of this evidence is

¹ As Gilles de la Tourette points out, it is not difficult to show that epilepsy, the *morbus sacer* of the ancients, owed much of its sacred character to this confusion with hysteria. Those priestesses who, struck by the *morbus sacer*, gave forth their oracles amid convulsions, were certainly not the victims of epilepsy, but of hysteria (*Traité de l'Hystérie*, vol. i, p. 3).

² Aretæus, *On the Causes and Symptoms of Acute Diseases*, Book ii, Chapter II.

³ It may be noted that this treatment furnishes another instance of the continuity of therapeutic methods, through all changes of theory, from the earliest to the latest times. Drugs of unpleasant odor, like asafoetida, have always been used in hysteria, and scientific medicine to-day still finds that asafoetida is a powerful sedative to the uterus, controlling nervous conditions during pregnancy and arresting uterine irritation when abortion is threatened (see, e.g., Warman, *Der Frauenarzt*, August, 1895). Again, the rubbing of fragrant ointments into the sexual regions is but a form of that massage which is one of the modern methods of treating the sexual disorders of women.

brought to the service of science in the fascinating works of Dr. P. Richer, one of Charcot's pupils.¹

In the seventeenth century Ambroise Paré was still talking, like Hippocrates, about "suffocation of the womb"; Forestus was still, like Aretæus, applying friction to the vulva; Fernel was still reproaching Galen, who had denied that the movements of the womb produced hysteria.

It was in the seventeenth century (1618) that a French physician, Charles Lepois (Carolus Piso), physician to Henry II, trusting, as he said, to experience and reason, overthrew at one stroke the doctrine of hysteria that had ruled almost unquestioned for two thousand years, and showed that the malady occurred at all ages and in both sexes, that its seat was not in the womb, but in the brain, and that it must be considered a nervous disease.² So revolutionary a doctrine could not fail to meet with violent opposition, but it was confirmed by Willis, and in 1681, we owe to the genius of Sydenham a picture of hysteria which for lucidity, precision, and comprehensiveness has only been excelled in our own times.

It was not possible any longer to maintain the womb theory of Hippocrates in its crude form, but in modified forms, and especially with the object of preserving the connection which many observers continued to find between hysteria and the sexual emotions, it still found supporters in the eighteenth and even the nineteenth centuries. James, in the middle of the eighteenth century, returned to the classical view, and in his *Dictionary of Medicine* maintained that the womb is the seat of hysteria. Louyer Villermay in 1816 asserted that the most frequent causes of hysteria are deprivation of the pleasures of love, griefs connected with this passion, and disorders of menstruation. Foville in 1833 and Landouzy in 1846 advocated somewhat similar views. The acute Laycock in 1840 quoted as "almost a medical proverb"

¹ *Les Démoniaques dans l'Art*, 1887; *Les Malades et les Difformes dans l'Art*, 1889.

² Glafra Abricosoff, of Moscow, in her Paris thesis, *L'Hystérie aux xvii et xviii siècles*, 1897, presents a summary of the various views held at this time; as also Gilles de la Tourette, *Traité de l'Hystérie*, vol. I, Chapter I.

the saying, "*Salacitas major, major ad hysteriam proclivitas*," fully indorsing it. More recently still Clouston has defined hysteria as "the loss of the inhibitory influence exercised on the reproductive and sexual instincts of women by the higher mental and moral functions" (a position evidently requiring some modification in view of the fact that hysteria is by no means confined to women), while the same authority remarks that more or less concealed sexual phenomena are the chief symptoms of "hysterical insanity."¹ Two gynæcologists of high position in different parts of the world, Hegar in Germany and Balls-Headley in Australia, attribute hysteria, as well as anæmia, largely to unsatisfied sexual desire, including the non-satisfaction of the "ideal feelings."² Lombroso and Ferrero, again, while admitting that the sexual feelings might be either heightened or depressed in hysteria, referred to the frequency of what they termed "a paradoxical sexual instinct" in the hysterical, by which, for instance, sexual frigidity is combined with intense sexual pre-occupations; and they also pointed out the significant fact that the crimes of the hysterical nearly always revolve around the sexual sphere.³ Thus, even up to the time when the conception of hysteria which absolutely ignored and excluded any sexual relationship whatever had reached its height, independent views favoring such a relationship still found expression.

Of recent years, however, such views usually aroused violent antagonism. The main current of opinion was with Briquet (1859), who, treating the matter with considerable ability and a wide induction of facts, indignantly repelled the idea that there is any connection between hysteria and the sexual facts of life, physical or psychic. As he himself admitted, Briquet was moved to deny a sexual causation of hysteria by the thought that such

¹ *Edinburgh Medical Journal*, June, 1883, p. 1123, and *Mental Diseases*, 1887, p. 488.

² Hegar, *Zusammenhang der Geschlechtskrankheiten mit nervösen Leiden*, Stuttgart, 1885. (Hegar, however, went much further than this, and was largely responsible for the surgical treatment of hysteria now generally recognized as worse than futile.) Balls-Headley, "Etiology of Nervous Diseases of the Female Genital Organs," Allbutt and Playfair, *System of Gynecology*, 1896, p. 141.

³ Lombroso and Ferrero, *La Donna Delinquente*, 1893, pp. 613-14.

an origin would be degrading for women (*"a quelque chose de dégradant pour les femmes"*).

It was, however, the genius of Charcot, and the influence of his able pupils, which finally secured the overthrow of the sexual theory of hysteria. Charcot emphatically anathematized the visceral origin of hysteria; he declared that it is a psychic disorder, and to leave no loop-hole of escape for those who maintained a sexual causation he asserted that there are no varieties of hysteria, that the disease is one and indivisible. Charcot recognized no primordial cause of hysteria beyond heredity, which here plays a more important part than in any other neuropathic condition. Such heredity is either direct or more occasionally by transformation, any deviation of nutrition found in the ancestors (gout, diabetes, arthritis) being a possible cause of hysteria in the descendants. "We do not know anything about the nature of hysteria," Charcot wrote in 1892; "we must make it objective in order to recognize it. The dominant idea for us in the etiology of hysteria is, in the widest sense, its hereditary predisposition. The greater number of those suffering from this affection are simply born *hystérisables*, and on them the occasional causes act directly, either through autosuggestion or by causing derangement of general nutrition, and more particularly of the nutrition of the nervous system."¹ These views were ably and decisively stated in Gilles de la Tourette's *Traité de l'Hystérie*, written under the inspiration of Charcot.

While Charcot's doctrine was thus being affirmed and generally accepted, there were at the same time workers in these fields who, though they by no means ignored this doctrine of hysteria or even rejected it, were inclined to think that it was too absolutely stated. Writing in the *Dictionary of Psychological Medicine* at the same time as Charcot, Donkin, while deprecating any exclusive emphasis on the sexual causation, pointed out the enormous part played by the emotions in the production of hysteria, and the great influence of puberty in women due to the greater extent of the sexual organs, and the

¹ Charcot and Marie, article on "Hysteria," Tuke's *Dictionary of Psychological Medicine*.

consequently large area of central innervation involved, and thus rendered liable to fall into a state of unstable equilibrium. Enforced abstinence from the gratification of any of the inherent and primitive desires, he pointed out, may be an adequate exciting cause. Such a view as this indicated that to set aside the ancient doctrine of a physical sexual cause of hysteria was by no means to exclude a psychic sexual cause. Ten years earlier Axenfeld and Huchard had pointed out that the reaction against the sexual origin of hysteria was becoming excessive, and they referred to the evidence brought forward by veterinary surgeons showing that unsatisfied sexual desire in animals may produce nervous symptoms very similar to hysteria.¹ The present writer, when in 1894 briefly discussing hysteria as an element in secondary sexual characterization, ventured to reflect the view, confirmed by his own observation, that there was a tendency to unduly minimize the sexual factor in hysteria, and further pointed out that the old error of a special connection between hysteria and the female sexual organs, probably arose from the fact that in woman the organic sexual sphere is larger than in man.²

When, indeed, we analyze the foundation of the once predominant opinions of Charcot and his school regarding the sexual relationships of hysteria, it becomes clear that many fallacies and misunderstandings were involved. Briquet, Charcot's chief predecessor, acknowledged that his own view was that a sexual origin of hysteria would be "degrading to women"; that is to say, he admitted that he was influenced by a foolish and improper prejudice, for the belief that the unconscious and involuntary morbid reaction of the nervous system to any disturbance of a great

¹ Axenfeld and Huchard, *Traité des Névroses*, 1883, pp. 1002-04. Icard (*La Femme pendant la Période Menstruelle*, pp. 120-21) has also referred to recorded cases of hysteria in animals (Coste's and Peter's cases), as has Gilles de la Tourette (*op. cit.*, vol. i, p. 123). See also, for references, Féré, *L'Instinct Sexuel*, p. 59.

² *Man and Woman*, 4th ed., p. 326. A distinguished gynecologist, Matthews Duncan, had remarked some years earlier (*Lancet*, May 18, 1889) that hysteria, though not a womb disease, "especially attaches itself to the generative system, because the genital system, more than any other, exerts emotional power over the individual, power also in morals, power in social questions."

primary instinct can have "*quelque chose de dégradant*" is itself an immoral belief; such disturbance of the nervous system might or might not be caused, but in any case the alleged "degradation" could only be the fiction of a distorted imagination. Again, confusion had been caused by the ancient error of making the physical sexual organs responsible for hysteria, first the womb, more recently the ovaries; the outcome of this belief was the extirpation of the sexual organs for the cure of hysteria. Charcot condemned absolutely all such operations as unscientific and dangerous, declaring that there is no such thing as hysteria of menstrual origin.¹ Subsequently, Angelucci and Pierracini carried out an international inquiry into the results of the surgical treatment of hysteria, and condemned it in the most unqualified manner.² It is clearly demonstrated that the physical sexual organs are not the seat of hysteria. It does not, however, follow that even physical sexual desire, when repressed, is not a cause of hysteria. The opinion that it was so formed an essential part of the early doctrine of hysteria, and was embodied in the ancient maxim: "*Nubat illa et morbus effugiet.*" The womb, it seemed to the ancients, was crying out for satisfaction, and when that was received the disease vanished.³ But when it became clear that sexual desire, though ultimately founded on the sexual apparatus, is a nervous and psychic fact, to put the sexual organs out of count was not sufficient; for the sexual emotions may exist before puberty, and persist after complete removal of the sexual organs. Thus it has been the object of many writers to repel the idea that unsatisfied sexual desire can be a cause of hysteria. Briquet pointed out that hysteria is rare among nuns and frequent among prostitutes. Krafft-Ebing

¹ Gilles de la Tourette, *Archives de Tocologie et de Gynecologie*, June, 1895.

² *Rivista Sperimentale di Freniatria*, 1897, p. 290; summarized in the *Journal of Mental Science*, January, 1898.

³ From the earliest times it was held that menstruation favors hysteria; more recently, Landouzy recorded a number of observations showing that hysterical attacks coincide with perfectly healthy menstruation; while Ball has maintained that it is only during menstruation that hysteria appears in its true color. See the opinions collected by Icard, *La Femme pendant la Période Menstruelle*, pp. 75-81.

believed that most hysterical women are not anxious for sexual satisfaction, and declared that "hysteria caused through the non-satisfaction of the coarse sensual sexual impulse I have never seen,"¹ while Pitres and others refer to the frequently painful nature of sexual hallucinations in the hysterical. But it soon becomes obvious that the psychic sexual sphere is not confined to the gratification of conscious physical sexual desire. It is not true that hysteria is rare among nuns, some of the most tremendous epidemics of hysteria, and the most carefully studied, having occurred in convents,² while the hysterical phenomena sometimes associated with revivals are well known. The supposed prevalence among prostitutes would not be evidence against the sexual relationships of hysteria; it has, however, been denied, even by so great an authority as Parent-Duchâtelet who found it very rare, even in prostitutes in hospitals, when it was often associated with masturbation; in prostitutes, however, who returned to a respectable life, giving up their old habits, he found hysteria common and severe.³ The frequent absence of physical sexual feeling, again, may quite reasonably be taken as evidence of a disorder of the sexual emotions, while the undoubted fact that sexual intercourse usually has little beneficial effect on pronounced hysteria, and that sexual excitement during sleep and

¹ Kraftt-Ebing, "Ueber Neurosen und Psychosen durch sexuelle Abstinenz," *Jahrbücher für Psychiatrie*, vol. iii, 1888. It must, however, be added that the relief of hysteria by sexual satisfaction is not rare, and that Rosenthal finds that the convulsions are thus diminished. (*Allgemeine Wiener Medizinisch-Zeitung*, Nos. 46 and 47, 1887.) So they are also, in simple and uncomplicated cases, according to Mongeri, by pregnancy.

² "All doctors who have patients in convents," remarks Marro (*La Puberté*, p. 338), "know how hysteria dominates among them;" he adds that his own experience confirms that of Raciborski, who found that nuns devoted to the contemplative life are more liable to hysteria than those who are occupied in teaching or in nursing. It must be added, however, that there is not unanimity as to the prevalence of hysteria in convents. Brachet was of the same opinion as Briquet, and so considered it rare. Imbert-Goubeyre, also (*La Stigmatisation*, p. 436) states that during more than forty years of medical life, though he has been connected with a number of religious communities, he has not found in them a single hysterical subject, the reason being, he remarks, that the unbalanced and extravagant are refused admission to the cloister.

³ Parent-Duchâtelet, *De la Prostitution*, vol. i, p. 242.

sexual hallucinations are often painful in the same condition, is far from showing that injury or repression of the sexual emotions had nothing to do with the production of the hysteria. It would be as reasonable to argue that the evil effect of a heavy meal on a starving man must be taken as evidence that he was not suffering from starvation. The fact, indeed, on which Gilles de la Tourette and others have remarked, that the hysterical often desire not so much sexual intercourse as simple affection, would tend to show that there is here a real analogy, and that starvation or lesion of the sexual emotions may produce, like bodily starvation, a rejection of those satisfactions which are demanded in health. Thus, even a mainly *a priori* examination of the matter may lead us to see that many arguments brought forward in favor of Charcot's position on this point fall to the ground when we realize that the sexual emotions may constitute a highly complex sphere, often hidden from observation, sometimes not conscious at all, and liable to many lesions besides that due to the non-satisfaction of sexual desire. At the same time we are not thus enabled to overthrow any of the positive results attained by Charcot and his school.

It may, however, be pointed out that Charcot's attitude toward hysteria was the outcome of his own temperament. He was primarily a neurologist, the bent of his genius was toward the investigation of facts that could be objectively demonstrated. His first interest in hysteria, dating from as far back as 1862, was in hystero-epileptic convulsive attacks, and to the last he remained indifferent to all facts which could not be objectively demonstrated. That was the secret of the advances he was enabled to make in neurology. For purely psychological investigation he had no liking, and probably no aptitude. Anyone who was privileged to observe his methods of work at the Salpêtrière will easily recall the great master's towering figure; the disdainful expression, sometimes, even, it seemed, a little sour; the lofty bearing which enthusiastic admirers called Napoleonic. The questions addressed to the patient were cold, distant, sometimes impatient. Charcot clearly had little faith in the value of any results so attained. One may well believe, also, that a man whose

superficial personality was so haughty and awe-inspiring to strangers would, in any case, have had the greatest difficulty in penetrating the mysteries of a psychic world so obscure and elusive as that presented by the hysterical.¹

The way was thus opened for further investigations on the psychic side. Charcot had affirmed the power, not only of physical traumatism, but even of psychic lesions—of moral shocks—to provoke its manifestations, but his sole contribution to the psychology of this psychic malady,—and this was borrowed from the Nancy school,—lay in the one word “suggestibility”; the nature and mechanism of this psychic process he left wholly unexplained. This step has been taken by others, in part by Janet, who, from 1889 onward, has not only insisted that the emotions stand in the first line among the causes of hysteria, but has also pointed out some portion of the mechanism of this process; thus, he saw the significance of the fact, already recognized, that strong emotions tend to produce anæsthesia and to lead to a condition of mental disaggregation, favorable to abulia, or abolition of will-power. It remained to show in detail the mechanism by which the most potent of all the emotions effects its influence, and, by attempting to do this, the Viennese investigators, Breuer and especially Freud, have greatly aided the study of hysteria.² They have not, it is important to remark, overturned the positive elements in their great forerunner’s work. Freud began as a disciple of Charcot, and he himself remarks that, in his earlier investigations of hysteria, he had no thought

¹ It may not be unnecessary to point out that here and throughout, in speaking of the psychic mechanism of hysteria, I do not admit that any process can be *purely* psychic. As Féré puts it in an admirable study of hysteria (*Twentieth Century Practice of Medicine*, 1897, vol. x, p. 556): “In the genesis of hysterical troubles everything takes place as if the psychical and the somatic phenomena were two aspects of the same biological fact.”

² Pierre Janet, *L’Automatisme Psychologique*, 1889; *L’Etat mental des Hystériques*, 1894; *Névroses et Idées fixes*, 1898; Breuer und Freud, *Studien über Hysterie*, Vienna, 1895; the best introduction to Freud’s work is, however, to be found in the two series of his *Sammlung Kleiner Schriften zur Neurosenlehre*, published in a collected form in 1906 and 1909. It may be added that a useful selection of Freud’s papers has lately (1909) been published in English.

of finding any sexual etiology for that malady; he would have regarded any such suggestion as an insult to his patient. The results reached by these workers were the outcome of long and detailed investigation. Freud has investigated many cases of hysteria in minute detail, often devoting to a single case over a hundred hours of work. The patients, unlike those on whom the results of the French school have been mainly founded, all belonged to the educated classes, and it was thus possible to carry out an elaborate psychic investigation which would be impossible among the uneducated. Breuer and Freud insist on the fine qualities of mind and character frequently found among the hysterical. They cannot accept suggestibility as an invariable characteristic of hysteria, only abnormal excitability; they are far from agreeing with Janet (although on many points at one with him), that psychic weakness marks hysteria; there is merely an appearance of mental weakness, they say, because the mental activity of the hysterical is split up, and only a part of it is conscious.¹ The superiority of character of the hysterical is indicated by the fact that the conflict between their ideas of right and the bent of their inclinations is often an element in the constitution of the hysterical state. Breuer and Freud are prepared to assert that the hysterical are among "the flower of humanity," and they refer to those qualities of combined imaginative genius and practical energy which characterized St. Theresa, "the patron saint of the hysterical."

To understand the position of Breuer and Freud we may start from the phenomenon of "nervous shock" produced by physical traumatism, often of a very slight character. Charcot had shown that such "nervous shock," with the chain of resulting symptoms, is nothing more or less than hysteria. Breuer and Freud may be linked on to Charcot at this point. They began by regarding the most typical hysteria as really a *psychic traumatism*; that is to say, that it starts in a lesion, or rather in

¹ We might, perhaps, even say that in hysteria the so-called higher centres have an abnormally strong inhibitory influence over the lower centres. Gioffredi (*Gazzetta degli Ospedali*, October 1, 1895) has shown that some hysterical symptoms, such as mutism, can be cured by etherization, thus loosening the control of the higher centres.

repeated lesions, of the emotional organism. It is true that the school of Charcot admitted the influence of moral shock, especially of the emotion of fear, but that merely as an "*agent provocateur*," and with a curious perversity Gilles de la Tourette, certainly reflecting the attitude of Charcot, in his elaborate treatise on hysteria fails to refer to the sphere of the sexual emotions even when enumerating the "*agents provocateurs*."¹

The influence of fear is not denied by Breuer and Freud, but they have found that careful psychic analysis frequently shows that the shock of a commonplace "fear" is really rooted in a lesion of the sexual emotions. A typical and very simple illustration is furnished in a case, recorded by Breuer, in which a young girl of seventeen had her first hysterical attack after a cat sprang on her shoulders as she was going downstairs. Careful investigation showed that this girl had been the object of somewhat ardent attentions from a young man whose advances she had resisted, although her own sexual emotions had been aroused. A few days before, she had been surprised by this young man on these same dark stairs, and had forcibly escaped from his hands. Here was the real psychic traumatism, the operation of which merely became manifest in the cat. "But in how many cases," asks Breuer, "is a cat thus reckoned as a completely sufficient *causa efficiens*?"

In every case that they have investigated Breuer and Freud have found some similar secret lesion of the psychic sexual sphere. In one case a governess, whose training has been severely upright, is, in spite of herself and without any encouragement, led to experience for the father of the children under her care an affection which she refuses to acknowledge even to herself; in another, a young woman finds herself falling in love with her brother-in-law; again, an innocent girl suddenly discovers

¹ Charcot's school could not fail to recognize the erotic tone which often dominates hysterical hallucinations. Gilles de la Tourette seeks to minimize it by the remark that "it is more mental than real." He means to say that it is more psychic than physical, but he implies that the physical element in sex is alone "real," a strange assumption in any case, as well as destructive of Gilles de la Tourette's own fundamental assertion that hysteria is a real disease and yet purely psychic.

her uncle in the act of sexual intercourse with her playmate, and a boy on his way home from school is subjected to the coarse advances of a sexual invert. In nearly every case, as Freud eventually found reason to believe, a primary lesion of the sexual emotions dates from the period of puberty and frequently of childhood, and in nearly every case the intimately private nature of the lesion causes it to be carefully hidden from everyone, and even to be unacknowledged by the subject of it. In the earlier cases Breuer and Freud found that a slight degree of hypnosis is necessary to bring the lesion into consciousness, and the accuracy of the revelations thus obtained has been tested by independent witness. Freud has, however, long abandoned the induction of any degree of hypnosis; he simply tries to arrange that the patient shall feel absolutely free to tell her own story, and so proceeds from the surface downwards, slowly finding and piecing together such essential fragments of the history as may be recovered, in the same way he remarks, as the archæologist excavates below the surface and recovers and puts together the fragments of an antique statue. Much of the material found, however, has only a symbolic value requiring interpretation and is sometimes pure fantasy. Freud now attaches great importance to dreams as symbolically representing much in the subject's mental history which is otherwise difficult to reach.¹ The subtle and slender clues which Freud frequently follows in interpreting dreams cannot fail sometimes to arouse doubt in his readers' minds, but he certainly seems to have been often successful in thus reaching latent facts in consciousness. The primary lesion may thus act as "a foreign body in consciousness." Something is introduced into psychic life which refuses to merge in the general flow of consciousness. It cannot be accepted simply as other facts of life are accepted; it cannot even be talked about, and so submitted to the slow usure by which our experiences are worn down and gradually transformed. Breuer illustrates what happens by reference to the sneezing reflex. "When an irritation to the nasal mucous membrane for some reason fails to liberate

¹ See, e.g., his substantial volume, *Die Traumdeutung*, 1900, 2d ed. 1909.

this reflex, a feeling of excitement and tension arises. This excitement, being unable to stream out along motor channels, now spreads itself over the brain, inhibiting other activities. . . . *In the highest spheres of human activity we may watch the same process.*" It is a result of this process that, as Breuer and Freud found, the mere act of confession may greatly relieve the hysterical symptoms produced by this psychic mechanism, and in some cases may wholly and permanently remove them. It is on this fact that they founded their method of treatment, devised by Breuer and by him termed the cathartic method, though Freud prefers to call it the "analytic" method. It is, as Freud points out, the reverse of the hypnotic method of suggestive treatment; there is the same difference, Freud remarks, between the two methods as Leonardo da Vinci found for the two technical methods of art, *per via di porre* and *per via di levare*; the hypnotic method, like painting, works by putting in, the cathartic or analytic method, like sculpture, works by taking out.¹

It is part of the mechanism of this process, as understood by these authors, that the physical symptoms of hysteria are constituted, by a process of conversion, out of the injured emotions, which then sink into the background or altogether out of consciousness. Thus, they found the prolonged tension of nursing a near and dear relative to be a very frequent factor in the production of hysteria. For instance, an originally rheumatic pain experienced by a daughter when nursing her father becomes the symbol in memory of her painful psychic excitement, and this perhaps for several reasons, but chiefly because *its presence in consciousness almost exactly coincided with that excitement*. In another way, again, nausea and vomiting may become a symbol through the profound sense of disgust with which some emotional shock was associated. Then the symbol begins to have a life of its own, and draws hidden strength from the emotion with which it is correlated. Breuer and Freud have found by careful investigation that the pains and physical troubles of hysteria are far from being capricious, but may be traced in a varying manner

¹ *Sammlung*, first series, p. 208.

to an origin in some incident, some pain, some action, which was associated with a moment of acute psychic agony. The process of conversion was an involuntary escape from an intolerable emotion, comparable to the physical pain sometimes sought in intense mental grief, and the patient wins some relief from the tortured emotions, though at the cost of psychic abnormality, of a more or less divided state of consciousness and of physical pain, or else anæsthesia. In Charcot's third stage of the hysterical convulsion, that of "*attitudes passionnelles*," Breuer and Freud see the hallucinatory reproduction of a recollection which is full of significance for the origin of the hysterical manifestations.

The final result reached by these workers is clearly stated by each writer. "The main observation of our predecessors," states Breuer,¹ "still preserved in the word 'hysteria,' is nearer to the truth than the more recent view which puts sexuality almost in the last line, with the object of protecting the patient from moral reproaches. Certainly the sexual needs of the hysterical are just as individual and as various in force as those of the healthy. But they suffer from them, and in large measure, indeed, they suffer precisely through the struggle with them, through the effort to thrust sexuality aside." "The weightiest fact," concludes Freud,² "on which we strike in a thorough pursuit of the analysis is this: From whatever side and from whatever symptoms we start, we always unfailingly reach the region of the sexual life. Here, first of all, an etiological condition of hysterical states is revealed. . . . At the bottom of every case of hysteria—and reproducible by an analytical effort after even an interval of long years—may be found one or more facts of precocious sexual experience belonging to earliest youth. I regard this as an important result, as the discovery of a *caput Nili* of neuropathology." Ten years later, enlarging rather than restricting his conception, Freud remarks: "Sexuality is not a mere *deus ex machina* which intervenes but once in the hysterical process; it is the motive force of every separate symptom and every expression of a symptom. The morbid phenomena constitute, to speak

¹ *Studien über Hysterie*, p. 217.

² *Sammlung*, first series, p. 162.

plainly, the patient's sexual activity."¹ The actual hysterical fit, Freud now states, may be regarded as "the substitute for a once practiced and then abandoned *auto-erotic* satisfaction," and similarly it may be regarded as an equivalent of coitus.²

It is natural to ask how this conception affects that elaborate picture of hysteria laboriously achieved by Charcot and his school. It cannot be said that it abolishes any of the positive results reached by Charcot, but it certainly alters their significance and value; it presents them in a new light and changes the whole perspective. With his passion for getting at tangible definite physical facts, Charcot was on very safe ground. But he was content to neglect the psychic analysis of hysteria, while yet proclaiming that hysteria is a purely psychic disorder. He had no cause of hysteria to present save only heredity. Freud certainly admits heredity, but, as he points out, the part it plays has been overrated. It is too vague and general to carry us far, and when a specific and definite cause can be found, the part played by heredity recedes to become merely a condition, the soil on which the "specific etiology" works. Here probably Freud's enthusiasm at first carried him too far and the most important modification he has made in his views occurs at this point: he now attaches a preponderant influence to heredity. He has realized that sexual activity in one form or another is far too common in childhood to make it possible to lay very great emphasis on "traumatic lesions" of this character, and he has also realized that an outcrop of fantasies may somewhat later develop on these childish activities, intervening between them and the subsequent morbid symptoms. He is thus led to emphasize anew the significance of heredity, not, however, in Charcot's sense, as general neuropathic disposition but as "sexual constitution." The significance of "infantile sexual lesions" has also tended to give place to that of "infantilism of sexuality."³

The real merit of Freud's subtle investigations is that

¹ *Sammlung*, second series, p. 102.

² *Ib.* p. 146.

³ *Sammlung*, first series, p. 220. Freud has developed his conception of sexual constitution in *Drei Abhandlungen zur Sexualtheorie*, 1905.

—while possibly furnishing a justification of the imperfectly understood idea that had floated in the mind of observers ever since the name “hysteria” was first invented—he has certainly supplied a definite psychic explanation of a psychic malady. He has succeeded in presenting clearly, at the expense of much labor, insight, and sympathy, a dynamic view of the psychic processes involved in the constitution of the hysterical state, and such a view seems to show that the physical symptoms laboriously brought to light by Charcot are largely but epiphenomena and by-products of an emotional process, often of tragic significance to the subject, which is taking place in the most sensitive recess of the psychic organism. That the picture of the mechanism involved, presented to us by Professor Freud, cannot be regarded as a final and complete account of the matter, may readily be admitted. It has developed in Freud’s own hands, and some of the developments will require very considerable confirmation before they can be accepted as generally true.¹ But these investigations have at least served to open the door, which Charcot had inconsistently held closed, into the deeper mysteries of hysteria, and have shown that here, if anywhere, further research will be profitable. They have also served to show that hysteria may be definitely regarded as, in very many cases at least, a manifestation of the sexual emotions and their lesions; in other words, a transformation of auto-erotism.

The conception of hysteria so vigorously enforced by Charcot and his school is thus now beginning to appear incomplete. But we have to recognize that that incompleteness was right and necessary. A strong reaction was needed against a widespread view of hysteria that was in large measure scientifically false. It was necessary to show clearly that hysteria is a definite disorder, even when the sexual organs and emotions are swept wholly out of consideration; and it was also necessary to show that the lying and dissimulation so widely attributed to the hysterical

¹As Moll remarks, Freud’s conceptions are still somewhat subjective, and in need of objective demonstration; but whatever may be thought of their theories, he adds, there can be no doubt that Breuer and Freud have done a great service by calling attention to the important action of the sexual life on the nervous system.

were merely the result of an ignorant and unscientific misinterpretation of psychic elements of the disease. This was finally and triumphantly achieved by Charcot's school.

There is only one other point in the explanation of hysteria which I will here refer to, and that because it is usually ignored, and because it has relationship to the general psychology of the sexual emotions. I refer to that physiological hysteria which is the normal counterpart of the pathological hysteria which has been described in its physical details by Charcot, and to which alone the term should strictly be applied. Even though hysteria as a disease may be described as one and indivisible, there are yet to be found, among the ordinary and fairly healthy population, vague and diffused hysteroid symptoms which are dissipated in a healthy environment, or pass nearly unnoticed, only to develop in a small proportion of cases, under the influence of a more pronounced heredity, or a severe physical or psychic lesion, into that definite morbid state which is properly called hysteria.

This diffused hysteroid condition may be illustrated by the results of a psychological investigation carried on in America by Miss Gertrude Stein among the ordinary male and female students of Harvard University and Radcliffe College. The object of the investigation was to study, with the aid of a planchette, the varying liability to automatic movements among normal individuals. Nearly one hundred students were submitted to experiment. It was found that automatic responses could be obtained in two sittings from all but a small proportion of the students of both sexes, but that there were two types of individual who showed a special aptitude. One type (probably showing the embryonic form of neurasthenia) was a nervous, high-strung, imaginative type, not easily influenced from without, and not so much suggestible as autosuggestible. The other type, which is significant from our present point of view, is thus described by Miss Stein: "In general the individuals, often blonde and pale, are distinctly phlegmatic. If emotional, decidedly of the weakest, sentimental order. They may be either large, healthy, rather heavy, and lacking in vigor or they may be what we call anæmic and phlegmatic. Their power of concen-

trated attention is very small. They describe themselves as never being held by their work; they say that their minds wander easily; that they work on after they are tired, and just keep pegging away. They are very apt to have premonitory conversations, they anticipate the words of their friends, they imagine whole conversations that afterward come true. The feeling of having been there is very common with them; that is, they feel under given circumstances that they have had that identical experience before in all its details. They are often fatalistic in their ideas. They indulge in day-dreams. As a rule, they are highly suggestible."¹

There we have a picture of the physical constitution and psychic temperament on which the classical symptoms of hysteria might easily be built up.² But these persons were ordinary students, and while a few of their characteristics are what is commonly and vaguely called "morbid," on the whole they must be regarded as ordinarily healthy individuals. They have the congenital constitution and predisposition on which some severe psychic lesion at the "psychological moment" might develop the most definite and obstinate symptoms of hysteria, but under favorable circumstances they will be ordinary men and women, of no more than ordinary abnormality or ordinary power. They are among the many who have been called to hysteria at birth; they may never be among the few who are chosen.

We may have to recognize that on the side of the sexual emotions, as well as in general constitution, a condition may be traced among normal persons that is hysteroid in character, and serves as the healthy counterpart of a condition which in hys-

¹ Gertrude Stein, "Cultivated Motor Automatism," *Psychological Review*, May, 1898.

² Charcot's most faithful followers refuse to recognize a "hysterical temperament," and are quite right, if such a conception is used to destroy the conception of hysteria as a definite disease. We cannot, however, fail to recognize a diathesis which, while still apparently healthy, is predisposed to hysteria. So distinguished a disciple of Charcot as Janet thoroughly recognizes this, and argues (*L'Etat mental*, etc., p. 298) that "we may find in the habits, the passions, the psychic automatism of the normal man, the germ of all hysterical phenomena." Féréz held a somewhat similar view.

teria is morbid. In women such a condition has been traced (though misnamed) by Dr. King.¹

Dr. King describes what he calls "sexual hysteria in women," which he considers a chief variety of hysteria. He adds, however, that it is not strictly a disease, but simply an automatic reaction of the reproductive system, which tends to become abnormal under conditions of civilization, and to be perpetuated in a morbid form. In this condition he finds twelve characters: 1. Time of life, usually between puberty and climacteric. 2. Attacks rarely occur when subject is alone. 3. Subject appears unconscious, but is not really so. 4. Subject is ashamed afterward. 5. It occurs usually in single or married, whose sexual needs are unsatisfied. 6. No external evidence of disease, and (as Aitken pointed out) the nates are not flattened; the woman's physical condition is not impaired, and she may be specially attractive to men. 7. Warmth of climate and the season of spring and summer are conducive to the condition. 8. The paroxysm is short and temporary. 9. While light touches are painful, firm pressure and rough handling give relief. 10. It may occur in the occupied, but an idle, purposeless life is conducive. 11. The subject delights in exciting sympathy and in being fondled and caressed. 12. There is defect of will and a strong stimulus is required to lead to action.

Among civilized women, the author proceeds, this condition does not appear to subserve any useful purpose. "Let us, however, go back to aboriginal woman—to woman of the woods and the fields. Let us picture ourselves a young aboriginal Venus in one of her earliest hysterical paroxysms. In doing so, let us not forget some of the twelve characteristics previously mentioned. She will not be 'acting her part' alone, or, if alone, it will be in a place where someone else is likely soon to discover her. Let this Venus be now discovered by a youthful Apollo of the woods, a man with fully developed animal instincts. He and she, like any other animals, are in the free field of Nature. He cannot but observe to himself: 'This woman is not dead; she breathes and is warm; she does not look ill; she is plump and rosy.' He speaks to her; she neither hears (apparently) nor responds. Her eyes are closed. He touches, moves, and handles her at his pleasure. She makes no resistance. What will this primitive Apollo do next? He will cure the fit, and bring the woman back to consciousness, satisfy her emotions, and restore her volition—not by delicate touches that might be 'agonizing' to her hyperesthetic skin, but by vigorous massage, passive motions, and succussion that would be painless. The emotional process on the

¹ A. F. A. King, "Hysteria," *American Journal of Obstetrics*, May 18, 1891.

part of the woman would end, perhaps, with mingled laughter, tears, and shame; and when accused afterward of the part which the ancestrally acquired properties of her nervous system had compelled her to act, as a preliminary to the event, what woman would not deny it and be angry? But the course of Nature having been followed, the natural purpose of the hysterical paroxysm accomplished, there would remain as a result of the treatment—instead of one discontented woman—two happy people, and the possible beginning of a third.”

“Natural, primary sexual hysteria in woman,” King concludes, “is a temporary modification of the nervous government of the body and the distribution of nerve-force (occurring for the most part, as we see it to-day, in prudish women of strong moral principle, whose volition has disposed them to resist every sort of liberty or approach from the other sex), consisting in a transient abdication of the general, volitional, and self-preservational ego, while the reins of government are temporarily assigned to the usurping power of the reproductive ego, so that the reproductive government overrules the government by volition, and thus, as it were, forcibly compels the woman’s organism to so dispose itself, at a suitable time and place, as to allow, invite, and secure the approach of the other sex, whether she will or not, to the end that Nature’s imperious demand for reproduction shall be obeyed.”

This perhaps rather fantastic description is not a presentation of hysteria in the technical sense, but we may admit that it presents a state which, if not the real physiological counterpart of the hysterical convulsion, is yet distinctly analogous to the latter. The sexual orgasm has this correspondence with the hysterical fit, that they both serve to discharge the nervous centres and relieve emotional tension. It may even happen, especially in the less severe forms of hysteria, that the sexual orgasm takes place during the hysterical fit; this was found by Rosenthal, of Vienna, to be always the case in the semiconscious paroxysms of a young girl whose condition was easily cured;¹ no doubt such cases would be more frequently found if they were sought for. In severe forms of hysteria, however, it frequently happens, as so many observers have noted, that normal sexual excitement has

¹ M. Rosenthal, *Diseases of the Nervous System*, vol. ii, p. 44. Féré notes similar cases (*Twentieth Century Practice of Medicine*, vol. x, p. 551). Long previously, Gall had recorded the case of a young widow of ardent temperament who had convulsive attacks, apparently of hysterical nature, which always terminated in sexual orgasm (*Fonctions du Cerveau*, 1825, vol. iii, p. 245).

ceased to give satisfaction, has become painful, perverted, paradoxical. Freud has enabled us to see how a shock to the sexual emotions, injuring the emotional life at its source, can scarcely fail sometimes to produce such a result. But the necessity for nervous explosion still persists.¹ It may, indeed, persist, even in an abnormally strong degree, in consequence of the inhibition of normal activities generally. The convulsive fit is the only form of relief open to the tension. "A lady whom I long attended," remarks Ashwell, "always rejoiced when the fit was over, since it relieved her system generally, and especially her brain, from painful irritation which had existed for several previous days." That the fit mostly fails to give real satisfaction, and that it fails to cure the disease, is due to the fact that it is a morbid form of relief. The same character of hysteria is seen, with more satisfactory results for the most part, in the influence of external nervous shock. It was the misunderstood influence of such shocks in removing hysteria which in former times led to the refusal to regard hysteria as a serious disease. During the Rebellion of 1745-46 in Scotland, Cullen remarks that there was little hysteria. The same was true of the French Revolution and of the Irish Rebellion, while Rush (in a study *On the Influence of the American Revolution on the Human Body*) observed that many hysterical women were "restored to perfect health by the events of the time." In such cases the emotional tension is given an opportunity of explosion in new and impersonal channels, and the chain of morbid personal emotions is broken.

It has been urged by some that the fact that the sexual orgasm usually fails to remove the disorder in true hysteria excludes a sexual factor of hysteria. It is really, one may point out, an argument in favor of such an element as one of the factors of hysteria. If there were no initial lesion of the sexual emotions, if the natural healthy sexual channel still remained free for the passage of the emotional overflow, then we should expect that it

¹ There seems to be a greater necessity for such explosive manifestations in women than in men, whatever the reason may be. I have brought together some of the evidence pointing in this direction in *Man and Woman*, 4th ed., revised and enlarged, Chapters xii and xiii.

would much oftener come into play in the removal of hysteria. In the more healthy, merely hysteroid condition, the psychic sexual organism is not injured, and still responds normally, removing the abnormal symptoms when allowed to do so. It is the confusion between this almost natural condition and the truly morbid condition, alone properly called hysteria, which led to the ancient opinion, inaugurated by Plato and Hippocrates, that hysteria may be cured by marriage.¹ The difference may be illustrated by the difference between a distended bladder which is still able to contract normally on its contents when at last an opportunity of doing so is afforded and the bladder in which distension has been so prolonged that nervous control had been lost and spontaneous expulsion has become impossible. The first condition corresponds to the constitution, which, while simulating the hysterical condition, is healthy enough to react normally in spite of psychic lesions; the second corresponds to a state in which, owing to the prolonged stress of psychic traumatism,—sexual or not,—a definite condition of hysteria has arisen. The one state is healthy, though abnormal; the other is one of pronounced morbidity.

The condition of true hysteria is thus linked on to almost healthy states, and especially to a condition which may be described as one of sex-hunger. Such a suggestion may help us

¹ There is no doubt an element of real truth in this ancient belief, though it mainly holds good of minor cases of hysteria. Many excellent authorities accept it. "Hysteria is certainly common in the single," Herman remarks (*Diseases of Women*, 1898, p. 33), "and is generally cured by a happy marriage." Löwenfeld (*Sexualleben und Nervenleiden*, p. 153) says that "it cannot be denied that marriage produces a beneficial change in the general condition of many hysterical patients," though, he adds, it will not remove the hysterical temperament. The advantage of marriage for the hysterical is not necessarily due, solely or at all, to the exercise of sexual functions. This is pointed out by Mongeri, who observes (*Allgemeine Zeitschrift für Psychiatrie*, 1901, Heft 5, p. 917): "I have known and treated several hysterical girls who are now married, and do not show the least neuropathic indications. Some of these no longer have any wish for sexual gratification, and even fulfil their marital duties unwillingly, though loving their husbands and living with them in an extremely happy way. In my opinion, marriage is a sovereign remedy for neuropathic women, who need to find a support in another personality, able to share with them the battle of life."

to see these puzzling phenomena in their true nature and perspective.

At this point I may refer to the interesting parallel, and probable real relationship, between hysteria and chlorosis. As Luzet has said, hysteria and chlorosis are sisters. We have seen that there is some ground for regarding hysteria as an exaggerated form of a normal process which is really an auto-erotic phenomenon. There is some ground, also, for regarding chlorosis as the exaggeration of a physiological state connected with sexual conditions, more specifically with the preparation for maternity. Hysteria is so frequently associated with anæmic conditions that Biernacki has argued that such conditions really constitute the primary and fundamental cause of hysteria (*Neurologisches Centralblatt*, March, 1898). And, centuries before Biernacki, Sydenham had stated his belief that poverty of the blood is the chief cause of hysteria.

It would be some confirmation of this position if we could believe that chlorosis, like hysteria, is in some degree a congenital condition. This was the view of Virchow, who regarded chlorosis as essentially dependent on a congenital hypoplasia of the arterial system. Stieda, on the basis of an elaborate study of twenty-three cases, has endeavored to prove that chlorosis is due to a congenital defect of development (*Zeitschrift für Geburtshülfe und Gynäkologie*, vol. xxxii, Part I, 1895). His facts tend to prove that in chlorosis there are signs of general ill-development, and that, in particular, there is imperfect development of the breasts and sexual organs, with a tendency to contracted pelvis. Charrin, again, regards utero-ovarian inadequacy as at least one of the factors of chlorosis. Chlorosis, in its extreme form, may thus be regarded as a disorder of development, a sign of physical degeneracy. Even if not strictly a cause, a congenital condition may, as Stockman believes (*British Medical Journal*, December 14, 1895), be a predisposing influence.

However it may be in extreme cases, there is very considerable evidence to indicate that the ordinary anæmia of young women may be due to a storing up of iron in the system, and is so far normal, being a preparation for the function of reproduction. Some observations of Bunge's seem to throw much light on the real cause of what may be termed physiological chlorosis. He found by a series of experiments on animals of different ages that young animals contain a much greater amount of iron in their tissues than adult animals; that, for instance, the body of a rabbit an hour after birth contains more than four times as much iron as that of a rabbit two and a half months old. It thus appears probable that at the period of puberty, and later, there is a storage of iron in the system preparatory to the exercise of the maternal

functions. It is precisely between the ages of fifteen and twenty-three, as Stockman found by an analysis of his own cases (*British Medical Journal*, December 14, 1895), that the majority of cases occur; there was, indeed, he found, no case in which the first onset was later than the age of twenty-three. A similar result is revealed by the charts of Lloyd Jones, which cover a vastly greater number of cases.

We owe to Lloyd Jones an important contribution to the knowledge of chlorosis in its physiological or normal relationships. He has shown that chlorosis is but the exaggeration of a condition that is normal at puberty (and, in many women, at each menstrual period), and which, there is good reason to believe, even has a favorable influence on fertility. He found that light-complexioned persons are more fertile than the dark-complexioned, and that at the same time the blood of the latter is of less specific gravity, containing less hæmoglobin. Lloyd Jones also reached the generalization that girls who have had chlorosis are often remarkably pretty, so that the tendency to chlorosis is associated with all the sexual and reproductive aptitudes that make a woman attractive to a man. His conclusion is that the normal condition of which chlorosis is the extreme and pathological condition, is a preparation for motherhood (E. Lloyd Jones, "Chlorosis: The Special Anæmia of Young Women," 1897; also numerous reports to the British Medical Association, published in the *British Medical Journal*. There was an interesting discussion of the theories of chlorosis at the Moscow International Medical Congress, in 1898; see proceedings of the congress, volume iii, section v, pp. 224 *et seq.*).

We may thus, perhaps, understand why it is that hysteria and anæmia are often combined, and why they are both most frequently found in adolescent young women who have yet had no sexual experiences. Chlorosis is a physical phenomenon; hysteria, largely a psychic phenomenon; yet, both alike may, to some extent at least, be regarded as sexual aptitude showing itself in extreme and pathological forms.

III.

The Prevalence of Masturbation—Its Occurrence in Infancy and Childhood—Is it More Frequent in Males or Females?—After Adolescence Apparently more Frequent in Women—Reasons for the Sexual Distribution of Masturbation—The Alleged Evils of Masturbation—Historical Sketch of the Views Held on This Point—The Symptoms and Results of Masturbation—Its Alleged Influence in Causing Eye Disorders—Its Relation to Insanity and Nervous Disorders—The Evil Effects of Masturbation Usually Occur on the Basis of a Congenitally Morbid Nervous System—Neurasthenia Probably the Commonest Accompaniment of Excessive Masturbation—Precocious Masturbation Tends to Produce Aversion to Coitus—Psychic Results of Habitual Masturbation—Masturbation in Men of Genius—Masturbation as a Nervous Sedative—Typical Cases—The Greek Attitude toward Masturbation—Attitude of the Catholic Theologians—The Mohammedan Attitude—The Modern Scientific Attitude—In What Sense is Masturbation Normal?—The Immense Part in Life Played by Transmuted Auto-erotic Phenomena.

THE foregoing sketch will serve to show how vast is the field of life—of normal and not merely abnormal life—more or less infused by auto-erotic phenomena. If, however, we proceed to investigate precisely the exact extent, degree, and significance of such phenomena, we are met by many difficulties. We find, indeed, that no attempts have been made to study auto-erotic phenomena, except as regards the group—a somewhat artificial group, as I have already tried to show—collected under the term “masturbation,” while even here such attempts have only been made among abnormal classes of people, or have been conducted in a manner scarcely likely to yield reliable results.¹ Still there is a certain significance in the more careful investigations which have been made to ascertain the precise frequency of masturbation.

Berger, an experienced specialist in nervous diseases, concluded, in his *Vorlesungen*, that 99 per cent. of young men and

¹ For a bibliography of masturbation, see Rohleder, *Die Masturbation*, pp. 11-18; also, Arthur MacDonald, *Le Criminel Type*, pp. 227 et seq.; cf. G. Stanley Hall, *Adolescence*, vol. i, pp. 432 et seq.

women masturbate occasionally, while the hundredth conceals the truth;¹ and Hermann Cohn appears to accept this statement as generally true in Germany. So high an estimate has, of course, been called in question, and, since it appears to rest on no basis of careful investigation, we need not seriously consider it. It is useless to argue on suppositions; we must cling to our definite evidence, even though it yields figures which are probably below the mark. Rohleder considers that during adolescence at least 95 per cent. of both sexes masturbate, but his figures are not founded on precise investigation.² Julian Marcuse, on the basis of his own statistics, concludes that 92 per cent. male individuals have to some extent masturbated in youth. Perhaps, also, weight attaches to the opinion of Dukes, physician to Rugby School, who states that from 90 to 95 per cent. of all boys at boarding school masturbate.³ Seerley, of Springfield, Mass., found that of 125 academic students only 8 assured him they had never masturbated; while of 347, who answered his questions, 71 denied that they practiced masturbation, which seems to imply that 79 per cent. admitted that they practiced it.⁴ Brockman, also in America, among 232 theological students, of the average age of 23½ years and coming from various parts of the United States, found that 132 spontaneously admitted that masturbation was their most serious temptation and all but one of these admitted that he yielded, 69 of them to a considerable extent. This is a proportion of at least 56 per cent., the real proportion being doubtless larger, since no question had been asked as to sexual offenses; 75 practiced masturbation after conversion, and 24 after they had decided to become ministers; only 66 mentioned sexual intercourse as their chief temptation; but altogether sexual temptations outnumbered all others together.⁵ Moraglia, who made inquiry of 200 women of the lower class in Italy,

¹ Oskar Berger, *Archiv für Psychiatrie*, Bd. 6, 1876.

² *Die Masturbation*, p. 41.

³ Dukes, *Preservation of Health*, 1884, p. 150.

⁴ G. Stanley Hall, *Adolescence*, vol. i, p. 434.

⁵ F. S. Brockman, "A Study of the Moral and Religious Life of Students in the United States," *Pedagogical Seminary*, September, 1902. Many pitiful narratives are reproduced.

found that 120 acknowledged either that they still masturbate or that they had done so during a long period.¹ Gualino found that 23 per cent. men of the professional classes in North Italy masturbate about puberty; no account was taken of those who began later. "Here in Switzerland," a correspondent writes, "I have had occasion to learn from adult men, whom I can trust, that they have reached the age of twenty-five, or over, without sexual congress. '*Wir haben nicht dieses Bedürfniss*,' is what they say. But I believe that, in the case of the Swiss mountaineers, moderate onanism is practiced, as a rule." In hot countries the same habits are found at a more precocious age. In Venezuela, for instance, among the Spanish creoles, Ernst found that in all classes boys and girls are infested with the vice of onanism. They learn it early, in the very beginning of life, from their wet-nurses, generally low Mulatto women, and many reasons help to foster the habit; the young men are often dissipated and the young women often remain single.² Niceforo, who shows a special knowledge of the working-girl class at Rome, states that in many milliners' and dressmakers' workrooms, where young girls are employed, it frequently happens that during the hottest hours of the day, between twelve and two, when the mistress or forewoman is asleep, all the girls without exception give themselves up to masturbation.³ In France a country *curé* assured Debreyne that among the little girls who come up for their first communion, 11 out of 12 were given to masturbation.⁴ The medical officer of a Prussian reformatory told Rohleder that nearly all the inmates over the age of puberty masturbated. Stanley Hall knew a reform school in America where masturbation was practiced without exception, and he who could

¹ Moraglia, "Die Onanie beim normalen Weibe und bei den Prostituten," *Zeitschrift für Criminal-Anthropologie*, 1897, p. 489. It should be added that Moraglia is not a very critical investigator. It is probable, however, that on this point his results are an approximation to the truth.

² Ernst, "Anthropological Researches on the Population of Venezuela," *Memoirs of the Anthropological Society*, vol. iii, 1870, p. 277.

³ Niceforo, *Il Gergo nei Normali*, etc., 1897, cap. V.

⁴ Debreyne, *Mæchialogie*, p. 64. Yet theologians and casuists, Debreyne remarks, frequently never refer to masturbation in women.

practice it oftenest was regarded with hero-worship.¹ Ferriani, who has made an elaborate study of youthful criminality in Italy, states that even if all boys and girls among the general population do not masturbate, it is certainly so among those who have a tendency to crime. Among 458 adult male criminals, Marro (as he states in his *Caratteri dei Delinquenti*) found that only 72 denied masturbation, while 386 had practiced it from an early age, 140 of them before the age of thirteen. Among 30 criminal women Moraglia found that 24 acknowledged the practice, at all events in early youth (8 of them before the age of 10, a precocity accompanied by average precocity in menstruation), while he suspected that most of the remainder were not unfamiliar with the practice. Among prostitutes of whatever class or position Moraglia found masturbation (though it must be pointed out that he does not appear to distinguish masturbation very clearly from homosexual practices) to be universal; in one group of 50 prostitutes everyone had practiced masturbation at some period; 28 began between the ages of 6 and 11; 19, between 12 and 14, the most usual period—a precocious one—of commencing puberty; the remaining 3 at 15 and 16; the average age of commencing masturbation, it may be added, was 11, while that of the first sexual intercourse was 15.² In a larger group of 180 prostitutes, belonging to Genoa, Turin, Venice, etc., and among 23 “elegant cocottes,” of Italian and foreign origin, Moraglia obtained the same results; everyone admitted masturbation, and not less than 113 preferred masturbation, either solitary or mutual, to normal coitus. Among the insane, as among idiots, masturbation is somewhat more common among males, according to Blandford, in England, as also it is in Germany, according to Näcke,³ while Venturi, in Italy, has found it more common among females.⁴

There appears to be no limit to the age at which spontaneous masturbation may begin to appear. I have already referred to

¹ Stanley Hall, *op. cit.*, vol. i, p. 34. Hall mentions, also, that masturbation is specially common among the blind.

² Moraglia, *Archivio di Psichiatria*, vol. xvi, fasc. 4 and 5, p. 313.

³ See his careful study, “Die Sexuellen Perversitäten in der Irrenanstalt,” *Psychiatrische Bladen*, No. 2, 1899.

⁴ Venturi, *Degenerazioni Psico-sessuali*, pp. 105, 133, 148, 152.

the practice of thigh-rubbing in infants under one year of age. J. P. West has reported in detail 3 cases of masturbation in very early childhood—2 in girls, 1 in a boy—in which the practice had been acquired spontaneously, and could only be traced to some source of irritation in pressure from clothing, etc.¹ Probably there is often in such cases some hereditary lack of nervous stability. Block has recorded the case of a girl—very bright for her age, though excessively shy and taciturn—who began masturbating spontaneously at the age of two; in this case the mother had masturbated all her life, even continuing the practice after marriage, and, though she succeeded in refraining during pregnancy, her thoughts still dwelt upon it, while the maternal grandmother had died in an asylum from “masturbatory insanity.”

Freud considers that auto-erotic manifestations are common in infancy, and that the rhythmic function of any sensitive spot, primarily the lips, may easily pass into masturbation. He regards the infantile manifestations of which thumb-sucking is the most familiar example (*Lüdeln* or *Lutschen* in German) as auto-erotic, the germ arising in sucking the breasts since the lips are an erogenous zone which may easily be excited by the warm stream of milk. But this only occurs, he points out, in subjects in whom the sensitivity of the lip zone is heightened and especially in those who at a later age are liable to become hysterical.² Shuttleworth also points out that the mere fidgetiness of a neurotic infant, even when only a few months old, sometimes leads to the spontaneous and accidental discovery of pleasurable sexual sensations, which for a time appease the restlessness of nervous instability, though a vicious circle is thus established. He has found that, especially among quite young girls of neurotic heredity, self-induced excitement, often in the form of thigh-friction, is more common than is usually supposed.³

Normally there appears to be a varying aptitude to experi-

¹ J. P. West, *Transactions of the Ohio Pediatric Society*, 1895. *Abstract in Medical Standard*, November, 1895; cases are also recorded by J. T. Winter, “Self-abuse in Infancy and Childhood,” *American Journal Obstetrics*, June, 1902.

² Freud, *Abhandlungen zur Sexualtheorie*, pp. 36 et seq.

³ G. E. Shuttleworth, *British Medical Journal*, October 3, 1903.

ence the sexual organism, or any voluptuous sensations before puberty. I find, on eliciting the recollections of normal persons, that in some cases there have been voluptuous sensations from casual contact with the sexual organs at a very early age; in other cases there has been occasional slight excitement from early years; in yet other cases complete sexual anæsthesia until the age of puberty. That the latter condition is not due to mere absence of peripheral irritation is shown by a case I am acquainted with, in which a boy of 7, incited by a companion, innocently attempted, at intervals during several weeks, to produce erection by friction of the penis; no result of any kind followed, although erections occurred spontaneously at puberty, with normal sexual feelings.¹

I am indebted to a correspondent for the following notes:—

"From my observation during five years at a boarding-school, it *seems* that eight out of ten boys were more or less addicted to the practice. But I would not state *positively* that such was the proportion of masturbators among an average of thirty pupils, though the habit was very common. I know that in one bedroom, sleeping seven boys, the whole number masturbated frequently. The act was performed in bed, in the closets, and sometimes in the classrooms during lessons. Inquiry among my friends as to onanism in the boarding-schools to which they were sent, elicited somewhat contradictory answers concerning the frequency of the habit. Dr. —, who went to a French school, told me that *all* the older boys had younger accomplices in mutual masturbation. He also spoke with experience of the prevalence of the practice in a well-known public school in the west of England. B. said *all* the boys at his school masturbated; G. stated that *most* of his schoolmates were onanists; L. said 'more than half' was the proportion.

"At my school, manual masturbation was both solitary and mutual; and sometimes younger boys, who had not acquired the habit, were induced to manipulate bigger boys. One very precocious boy of fifteen always chose a companion of ten 'because his hand was like a woman's.' Sometimes boys entered their friend's bed for mutual excitement. In after-life they showed no signs of inversion. Another boy, aged about fourteen, who had been seduced by a servant-girl, embraced the bolster; the pleasurable sensations, according to his statement, were heightened by imagining that the bolster was a woman. He said that the enjoyment

¹ See for a detailed study of sexuality in childhood, Moll's valuable book, *Das Sexualleben des Kindes*; cf. vol. vi of these *Studies*, Ch. II.

of the act was greatly increased during the holidays, when he was able to spread a pair of his sister's drawers upon the pillow, and so intensify the illusion.

"Before puberty the boys appeared to be more continent than afterward. A few of the older and more intelligent masturbators regulated the habit, as some married men regulate intercourse. The big boy referred to, who chose always the same manipulator, professed to indulge only once in twenty days, his reason being that more frequent repetition of the act would injure his health. About twice a week for boys who had reached puberty, and once a week for younger boys, was, I think, about the average indulgence. I have never met with a parallel of one of those cases of excessive masturbation recorded by many doctors. There may have been such cases at this school; but, if so, the boys concealed the frequency of their gratifications.

"My experience proved that many of the lads regarded masturbation as reprehensible; but their plea was 'everyone does it.' Some, often those who indulged inordinately and more secretly than their companions, gravely condemned the practice as sinful. A few seemed to think there was 'no harm in it,' but that the habit might stunt the growth and weaken the body if practiced very frequently. The greater number made no attempt to conceal the habit, they enlarged upon the pleasure of it: it was 'ever so much nicer than eating tarts,' etc.

"The chief cause I believe to be initiation by an older schoolmate. But I have known accidental causes, such as the discovery that swarming up a pole pleasurable excited the organ, rubbing to allay irritation, and simple, curious handling of the erect penis in the early morning before rising from bed."

I quote the foregoing communication as perhaps a fairly typical experience in a British school, though I am myself inclined to think that the prevalence of masturbation in schools is often much overrated, for, while in some schools the practice is doubtless rampant, in others it is practically unknown, or, at all events, only practiced by a few individuals in secret. My own early recollections of (private) school-life fail to yield any reminiscences of any kind connected with either masturbation or homosexuality; and, while such happy ignorance may be the exception rather than the rule, I am certainly inclined to believe that—owing to race and climate, and healthier conditions of life—the sexual impulse is less precocious and less prominently developed during the school-age in England than in some Continental countries. It is probably to this delayed development that we should attribute the contrast that Ferrero finds (*L'Europa Giovane*, pp. 151-56), and certainly states too absolutely, between the sexual reserve of young Englishmen and the sexual immodesty of his own countrymen.

In Germany, Nitzke has also stated ("Kritisches zum Kapitel der

Sexualität," *Archiv für Psychiatric*, pp. 354-56, 1899) that he heard nothing at school either of masturbation or homosexuality, and he records the experience of medical friends who stated that such phenomena were only rare exceptions, and regarded by the majority of the boys as exhibitions of "*Schweineret*." At other German schools, as Hoche has shown, sexual practices are very prevalent. It is evident that at different schools, and even at the same school at different times, these manifestations vary in frequency within wide limits.

Such variations, it seems to me, are due to two causes. In the first place, they largely depend upon the character of the more influential elder boys. In the second place, they depend upon the attitude of the head-master. With reference to this point I may quote from a letter written by an experienced master in one of the most famous English public schools: "When I first came to —, a quarter of a century ago, Dr. — was making a crusade against this failing; boys were sent away wholesale; the school was summoned and lectured solemnly; and the more the severities, the more rampant the disease. I thought to myself that the remedy was creating the malady, and I heard afterward, from an old boy, that in those days they used to talk things over by the fireside, and think there must be something very choice in a sin that braved so much. Dr. — went, and, under —, we never spoke of such things. Curiosity died down, and the thing itself, I believe, was lessened. We were told to warn new boys of the dangers to health and morals of such offences, lest the innocent should be caught in ignorance. I have only spoken to a few; I think the great thing is not to put it in boys' heads. I have noticed solitary faults most commonly, and then I tell the boy how he is physically weakening himself. If you notice, it is puppies that seem to go against Nature, but grown dogs, never. So, if two small boys acted thus, I should think it merely an instinctive feeling after Nature, which would amend itself. Many here would consider it a heinous sin, but those who think such things sins make them sins. I have seen, in the old days, most delightful little children sent away, branded with infamy, and scarce knowing why—you might as well expel a boy for scratching his head when it itched. I am sure the soundest way is to treat it as a doctor would, and explain to the boy the physical effects of over-indulgence of any sort. When it is combated from the monkish standpoint, the evil becomes an epidemic." I am, however, far from anxious to indorse the policy of ignoring the sexual phenomena of youth. It is not the speaking about such things that should be called in question, but the wisdom and good sense of the speaker. We ought to expect a head-master to possess both an adequate acquaintance with the nature of the phenomena of autoeroticism and homosexuality, and a reasonable amount of tact in dealing with boys; he may then fairly be trusted to exercise his own judgment.

It may be doubted whether boys should be made too alive to the existence of sexual phenomena; there can be no doubt about their teachers. The same is, of course, true as regards girls, among whom the same phenomena, though less obtrusive, are not less liable to occur.

As to whether masturbation is more common in one sex than the other, there have been considerable differences of opinion. Tissot considered it more prevalent among women; Christian believed it commoner among men; Deslandes and Iwan Bloch hold that there are no sexual differences, and Garnier was doubtful. Lawson Tait, in his *Diseases of Women*, stated his opinion that in England, while very common among boys, it is relatively rare among women, and then usually taught. Spitzka, in America, also found it relatively rare among women, and Dana considers it commoner in boys than in girls or adults.¹ Moll is inclined to think that masturbation is less common in women and girls than in the male sex. Rohleder believes that after puberty, when it is equally common in both sexes, it is more frequently found in men, but that women masturbate with more passion and imaginative fervor.² Kellogg, in America, says it is equally prevalent in both sexes, but that women are more secretive. Morris, also in America, considers, on the other hand, that persistent masturbation is commoner in women, and accounts for this by the healthier life and traditions of boys. Pouillet, who studied the matter with considerable thoroughness in France, came to the conclusion that masturbation is commoner among

¹ This is, no doubt, the most common opinion, and it is frequently repeated in text-books. It is scarcely necessary, however, to point out that only the opinions of those who have given special attention to the matter can carry any weight. R. W. Shufeldt ("On a Case of Female Impotency," pp. 5-7) quotes the opinions of various cautious observers as to the difficulty of detecting masturbation in women.

² This latter opinion is confirmed by Nücke so far as the insane are concerned. In a careful study of sexual perversity in a large asylum, Nücke found that, while moderate masturbation could be more easily traced among men than among women, excessive masturbation was more common among women. And, while among the men masturbation was most frequent in the lowest grades of mental development (idiocy and imbecility), and least frequent in the highest grades (general paralysis), in the women it was the reverse. (P. Nücke, "Die Sexuellen Perversitäten in der Irrenanstalt," *Psychiatrische en Neurologische Bladen*, No. 2, 1899.)

women, among whom he found it to be equally prevalent in rich and poor, and especially so in the great centres of civilization. In Russia, Guttzeit states in his *Dreissig Jahre Praxis*, that from the ages of 10 to 16 boys masturbate more than girls, who know less about the practice which has not for them the charm of the forbidden, but after 16 he finds the practice more frequent in girls and women than in youths and men. Näcke, in Germany, believes that there is much evidence pointing in the same direction, and Adler considers masturbation very common in women. Moraglia is decidedly of the opinion, on the ground of his own observations already alluded to, that masturbation is more frequent among women; he refers to the fact—a very significant fact, as I shall elsewhere have to point out—that, while in man there is only one sexual centre, the penis, in woman there are several centres,—the clitoris, the vagina, the uterus, the breasts,¹—and he mentions that he knew a prostitute, a well-developed brunette of somewhat nervous temperament, who boasted that she knew fourteen ways of masturbating herself.

My own opinion is that the question of the sexual distribution of masturbation has been somewhat obscured by that harmful tendency, to which I have already alluded, to concentrate attention on a particular set of auto-erotic phenomena. We must group and divide our facts rationally if we wish to command them. If we confine our attention to very young children, the available evidence shows that the practice is much more common in females,² and such a result is in harmony with the fact that precocious puberty is most often found in female children.³ At

¹ Mammary masturbation sometimes occurs; see, e.g., Rohleder, *Die Masturbation* (pp. 32-33); it is, however, rare.

² Hirschsprung pointed out this, indeed, many years ago, on the ground of his own experience. And see Rohleder, *op. cit.*, pp. 44-47.

³ In many cases, of course, the physical precocity is associated with precocity in sexual habits. An instructive case is reported (*Alienist and Neurologist*, October, 1895) of a girl of 7, a beautiful child, of healthy family, and very intelligent, who, from the age of three, was perpetually not watched. The clitoris and mons veneris were woman, and the child was as well informed upon most subjects as an average woman. She was cured by care and hygienic attention, and when seen last was in excellent condition. A medical friend tells me of a little girl of two, whose external genital organs are greatly developed, and who is always rubbing herself.

puberty and adolescence occasional or frequent masturbation is common in both boys and girls, though, I believe, less common than is sometimes supposed; it is difficult to say whether it is more prevalent among boys or girls; one is inclined to conclude that it prevails more widely among boys. The sexual impulse, and consequently the tendency to masturbation, tend to be aroused later, and less easily in girls than in youths, though it must also be remembered that boys' traditions and their more active life keep the tendency in abeyance, while in girls there is much less frequently any restraining influence of corresponding character.¹ In my study of inversion I have found that ignorance and the same absence of tradition are probably factors in the prevalence of homosexual tendencies among women.² After adolescence I think there can be no doubt that masturbation is more common in women than in men. Men have, by this time, mostly adopted some method of sexual gratification with the opposite sex; women are to a much larger extent shut out from such gratification; moreover, while in rare cases women are sexually precocious, it more often happens that their sexual impulses only gain strength and self-consciousness after adolescence has passed. I have been much impressed by the frequency with which masturbation is occasionally (especially about the period of menstruation) practiced by active, intelligent, and

¹ R. T. Morris, of New York, has also pointed out the influence of traditions in this respect. "Among boys," he remarks, "there are traditions to the effect that self-abuse is harmful. Among girls, however, there are no such saving traditions." Dr. Kiernan writes in a private letter: "It has been by experience, that from ignorance or otherwise, there are young women who do not look upon sexual manipulation with the same fear that men do." Gutteit, similarly, remarks that men have been warned of masturbation, and fear its evil results, while girls, even if warned, attach little importance to the warning; he adds that in healthy women, masturbation, even in excess, has little bad results. The attitude of many women in this matter may be illustrated by the following passage from a letter written by a medical friend in India: "The other day one of my English women patients gave me the following reason for having taught the 17-year-old daughter of a retired Colonel to masturbate: 'Poor girl, she was troubled with dreams of men, and in case she should be tempted with one, and become pregnant, I taught her to bring the feeling on herself—as it is safer, and, after all, nearly as nice as with a man.'"

² H. Ellis, *Studies in the Psychology of Sex*, volume ii, "Sexual Inversion," Chapter IV.

healthy women who otherwise lead a chaste life. This experience is confirmed by others who are in a position to ascertain the facts among normal people; thus a lady, who has received the confidence of many women, told me that she believes that all women who remain unmarried masturbate, as she found so much evidence pointing in this direction.¹ This statement certainly needs some qualification, though I believe it is not far from the truth as regards young and healthy women who, after having normal sexual relationships, have been compelled for some reason or other to break them off and lead a lonely life.² But we have to remember that there are some women, evidently with a considerable degree of congenital sexual anæsthesia (no doubt, in some respect or another below the standard of normal health), in whom the sexual instinct has never been aroused, and who not only do not masturbate, but do not show any desire for normal gratification; while in a large proportion of other cases the impulse is gratified passively in ways I have already referred to. The auto-erotic phenomena which take place in this way, spontaneously, by yielding to reverie, with little or no active interference, certainly occur much more frequently in women than in men. On the other hand, contrary to what one might be led to expect, the closely-related auto-erotic phenomena during sleep seem to take place more frequently in men, although in women, as we have found ground for concluding, they reverberate much more widely and impressively on the waking psychical life.

We owe to Restif de la Bretonne what is perhaps the earliest precise description of a woman masturbating. In 1755 he knew a dark young woman, plain but well-made, and of warm temperament, educated in a convent. She was observed one day, when gazing from her window at a young man in whom she was tenderly interested, to become much excited. "Her movements became agitated; I approached her, and really believe that she was uttering affectionate expressions; she had become red. Then she sighed deeply, and became motionless,

¹ See, also, the Appendix to the third volume of these *Studies*, in which I have brought forward sexual histories of normal persons.

² E. H. Smith, also, states that from 25 to 35 is the age when most women come under the physician's eye with manifest and pronounced habits of masturbation.

stretching out her legs, which she stiffened, as if she felt pain." It is further hinted that her hands took part in this manoeuvre (*Monsieur Nicolas*, vol. vi, p. 143).

Pictorial representations of a woman masturbating also occur in eighteenth century engravings. Thus, in France, Baudouin's "Le Midi" (reproduced in Fuchs's *Das Erotische Element in der Karikatur*, Fig. 92), represents an elegant young lady in a rococo garden-bower; she has been reading a book she has now just dropped, together with her sunshade; she leans languorously back, and her hand begins to find its way through her placket-hole.

Adler, who has studied masturbation in women with more care than any previous writer, has recorded in detail the auto-erotic manifestations involved in the case of an intelligent and unprejudiced woman, aged 30, who had begun masturbating when twenty, and practiced it at intervals of a few weeks. She experienced the desire for sexual gratification under the following circumstances: (1) spontaneously, directly before or after menstruation; (2) as a method to cure sleeplessness; (3) after washing the parts with warm (but not cold) water; (4) after erotic dreams; (5) quite suddenly, without definite cause. The phenomena of the masturbatory process fell into two stages: (1) incomplete excitement, (2) the highest pleasurable gratification. It only took place in the evening, or at night, and a special position was necessary, with the right knee bent, and the right foot against the knee of the extended left leg. The bent index and middle fingers of the right hand were then applied firmly to the lower third of the left labium minus, which was rubbed against the underlying parts. At this stage, the manifestations sometimes stopped, either from an effort of self-control or from fatigue of the arm. There was no emission of mucus, or general perspiration, but some degree of satisfaction and of fatigue, followed by sleep. If, however, the manipulation was continued, the second stage was reached, and the middle finger sank into the vagina, while the index finger remained on the labium, the rest of the hand holding and compressing the whole of the vulva, from pubes to anus, against the symphysis, with a backwards and forwards movement, the left hand also being frequently used to support and assist the right. The parts now gave a mushroom-like feeling to the touch, and in a few seconds, or after a longer interval, the complete feeling of pleasurable satisfaction was attained. At the same moment there was (but only after she had had experience of coitus) an involuntary elevation of the pelvis, together with emission of mucus, making the hand wet, this mucus having an odor, and being quite distinct from the ordinary odorless mucus of the vagina; at the same time, the finger in the vagina felt slight contractions of the whole vaginal wall. The climax of sexual pleasure lasted a few seconds, with its concomitant

vaginal contractions, then slowly subsided with a feeling of general well-being, the finger at the same time slipping out of the vagina, and she was left in a state of general perspiration, and sleep would immediately follow; when this was not the case, she was frequently conscious of some degree of sensibility in the sacrum, lasting for several hours, and especially felt when sitting. When masturbation was the result of an erotic dream (which occurred but seldom), the first stage was already reached in sleep, and the second was more quickly obtained. During the act it was only occasionally that any thoughts of men or of coitus were present, the attention being fixed on the coming climax. The psychic state afterwards was usually one of self-reproach. (O. Adler, *Die Mangelhafte Geschlechtsempfindung des Weibes*, 1904, pp. 26-29.) The phenomena in this case may be regarded as fairly typical, but there are many individual variations; mucus emissions and vaginal contractions frequently occur before actual orgasm, and there is not usually any insertion of the finger into the vagina in women who have never experienced coitus, or, indeed, even in those who have.

We must now turn to that aspect of our subject which in the past has always seemed the only aspect of auto-erotic phenomena meriting attention: the symptoms and results of chronic masturbation. It appears to have been an Englishman who, at the beginning of the eighteenth century, first called popular attention to the supposed evils of masturbation. His book was published in London, and entitled: *Onania, or the Heinous Sin of Self-pollution, and all its Frightful Consequences in both Sexes, Considered, with Spiritual and Physical Advice*, etc. It is not a serious medical treatise, but an early and certainly superior example of a kind of literature which we have since become familiar with through the daily newspapers. A large part of the book, which is cleverly written, is devoted in the later editions to the letters of nervous and hypochondriacal young men and women, who are too shy to visit the author, but request him to send a bottle of his "Strengthening Tincture," and mention that they are inclosing half a guinea, a guinea, or still larger sum. Concerning the composition of the "Strengthening Tincture" we are not informed.¹ This work, which was subsequently attrib-

¹ It may, however, be instructive to observe that at the end of the volume we find an advertisement of "Dr. Robinson's Treatise on the Virtues and Efficacy of a Crust of Bread, Eat Early in the Morning Fasting."

uted to a writer named Bekkers, is said to have passed through no less than eighty editions, and it was translated into German. Tissot, a physician of Lausanne, followed with his *Traité de l'Onanisme: Dissertation sur les Maladies produites par la Masturbation*, first published in Latin (1760), then in French (1764), and afterward in nearly all European languages. He regarded masturbation as a crime, and as "an act of suicide." His book is a production of amusing exaggeration and rhetoric, zealously setting forth the prodigious evils of masturbation in a style which combines, as Christian remarks, the strains of Rousseau with a vein of religious piety. Tissot included only manual self-abuse under the term "onanism;" shortly afterward, Voltaire, in his *Dictionnaire Philosophique*, took up the subject, giving it a wider meaning and still further popularizing it. Finally Lallemand, at a somewhat later period (1836), wrote a book which was, indeed, more scientific in character, but which still sought to represent masturbation as the source of all evils. These four writers—the author of *Onania*, Tissot, Voltaire, Lallemand—are certainly responsible for much. The mistaken notions of many medical authorities, carried on by tradition, even down to our own time; the powerful lever which has been put into the hand of unscrupulous quacks; the suffering, dread, and remorse experienced in silence by many thousands of ignorant and often innocent young people may all be traced in large measure back to these four well-meaning, but (on this question) misguided, authors.

There is really no end to the list of real or supposed symptoms and results of masturbation, as given by various medical writers during the last century. Insanity, epilepsy, numerous forms of eye disease, supra-orbital headache, occipital headache (Spitzka), strange sensations at the top of the head (Savage), various forms of neuralgia (Anstie, J. Chapman), tenderness of the skin in the lower dorsal region (Chapman), mammary tenderness in young girls (Lacassagne), mammary hypertrophy (Ossendovsky), asthma (Peyer), cardiac murmurs (Seerley), the appearance of vesicles on wounds (Baraduc), acne and other forms of cutaneous eruptions (the author of *Onania*, Clipson),

dilated pupils (Skene, Lewis, Moraglia), eyes directed upward and sideways (Pouillet), dark rings around the eyes, intermittent functional deafness (Bonnier), painful menstruation (J. Chapman), catarrh of uterus and vagina (Winckel, Pouillet), ovarian disease (Jessett), pale and discolored skin (Lewis, Moraglia), redness of nose (Gruner), epistaxis (Joal, J. N. Mackenzie), morbid changes in nose (Fliess), convulsive cough of puberty (Gowers), acidity of vagina (R. W. Shufeldt), incontinence of urine in young women (Girandeau), warts on the hands in women (Durr, Kriechmar, von Oye), hallucinations of smell and hearing, (Griesinger, Lewis), intermittent functional deafness (Bonnier), indican in the urine (Herter), an indescribable odor of the skin in women (Skene), these are but a few of the signs and consequences of masturbation given by various prominent authorities.¹

That many of these manifestations do occur in connection with masturbation is unquestionable; there is also good reason to believe that some of them may be the results of masturbation acting on an imperfectly healthy organism. But in all such cases we must speak with great caution, for there appears to be little reliable evidence to show that simple masturbation, in a well-born and healthy individual, can produce any evil results beyond slight functional disturbances, and these only when it is practiced in excess. To illustrate the real pathological relationships of masturbation, a few typical and important disorders may be briefly considered.

The delicate mechanism of the eye is one of the first portions of the nervous apparatus to be disturbed by any undue strain on the system; it is not surprising that masturbation should be widely incriminated as a cause of eye troubles. If, however, we inquire into the results obtained by the most cautious and experienced ophthalmological observers, it grows evident that masturbation, as a cause of disease of the eye, becomes merged into wider causes. In Germany, Hermann Cohn, the distinguished ophthalmic surgeon of Breslau, has dealt fully with the ques-

¹ Pouillet alone enumerates and apparently accepts considerably over one hundred different morbid conditions as signs and results of masturbation.

tion.¹ Cohn, who believes that all young men and women masturbate to some extent, finds that masturbation must be excessive for eye trouble to become apparent. In most of his cases there was masturbation several times daily during from five to seven years, in many during ten years, and in one during twenty-three years. In such cases we are obviously dealing with abnormal persons, and no one will dispute the possibility of harmful results; in some of the cases, when masturbation was stopped, the eye trouble improved. Even in these cases, however, the troubles were but slight, the chief being, apparently, photopsia (a subjective sensation of light) with otherwise normal conditions of pupil, vision, color-sense, and retina. In some cases there was photophobia, and he has also found paralysis of accommodation and conjunctivitis. At a later date Salmo Cohn, in his comprehensive monograph on the relationship between the eye and the sexual organs in women, brought together numerous cases of eye troubles in young women associated with masturbation, but in most of these cases masturbation had been practiced with great frequency for a long period and the ocular affections were usually not serious.² In England, Power has investigated the relations of the sexual system to eye disease. He is inclined to think that the effects of masturbation have been exaggerated, but he believes that it may produce such for the most part trivial complaints as photopsiæ, muscæ, muscular asthenopia, possibly blepharospasm, and perhaps conjunctivitis. He goes on, however, to point out that more serious complaints of the eye are caused by excess in normal coitus, by sexual abstinence, and especially by disordered menstruation. Thus we see that even when we are considering a mechanism so delicately poised and one so easily disturbed by any jar of the system as vision, masturbation produces no effect except when carried to an extent which argues a hereditarily imperfect organism, while even in these cases the effects are usually but slight, moreover, in no respect specific, but

¹ "Augenkrankheiten bei Masturbanten," Knapp-Schweigger's *Archiv für Augenheilkunde*, Bd. II, 1882, p. 198.

² Salmo Cohn, *Uterus und Auge*, 1890, pp. 63-66.

are paralleled and even exceeded by the results of other disturbances of the sexual system.

Let us turn to the supposed influence of masturbation in causing insanity and nervous diseases. Here we may chiefly realize the immense influence exerted on medical science by Tissot and his followers during a hundred years. Mental weakness is the cause and not the result of excessive masturbation, Gall declared,¹ but he was a man of genius, in isolation. Sir William Ellis, an alienist of considerable reputation at the beginning of the last century, could write with scientific equanimity: "I have no hesitation in saying that, in a very large number of patients in all public asylums, the disease may be attributed to that cause." He does, indeed, admit that it may be only a symptom sometimes, but goes on to assert that masturbation "has not hitherto been exhibited in the awful light in which it deserves to be shown," and that "in by far the greater number of cases" it is the true cause of dementia.² Esquirol lent his name and influence to a similar view of the pernicious influence of masturbation. Throughout the century, even down to the present day, this point of view has been traditionally preserved in a modified form. In apparent ignorance of the enormous prevalence of masturbation, and without, so far as can be seen, any attempt to distinguish between cause and effect or to eliminate the hereditary neuropathic element, many alienists have set down a large proportion of cases of insanity, idiocy, epilepsy, and disease of the spinal cord to uncomplicated masturbation. Thus, at the Matteawan State Hospital (New York) for criminal lunatics and insane prisoners, from 1875 to 1907, masturbation was the sole assigned cause of insanity in 160 men (out of 2,595); while, according to Dr. Clara Barrus, among 121 cases of insanity in young women, masturbation is the cause in ten cases.³ It is unnecessary to multiply examples, for this traditional tendency is familiar to all.

¹ *Fonctions du Cerveau*, 1825, vol. iii, p. 337.

² W. Ellis, *Treatise on Insanity*, 1838, pp. 335, 340.

³ Clara Barrus, "Insanity in Young Women," *Journal of Nervous and Mental Disease*, June, 1896.

It appears to have been largely due to Griesinger, in the middle of the last century, that we owe the first authoritative appearance of a saner, more discriminating view regarding the results of masturbation. Although still to some extent fettered by the traditions prevalent in his day, Griesinger saw that it was not so much masturbation itself as the feelings aroused in sensitive minds by the social attitude toward masturbation which produced evil effects. "That constant struggle," he wrote, "against a desire which is even overpowering, and to which the individual always in the end succumbs, that hidden strife between shame, repentance, good intentions, and the irritation which impels to the act, this, after not a little acquaintance with onanists, we consider to be far more important than the primary direct physical effect." He added that there are no specific signs of masturbation, and concluded that it is oftener a symptom than a cause. The general progress of educated opinions since that date has, in the main, confirmed and carried forward the results cautiously stated by Griesinger. This distinguished alienist thought that, when practiced in childhood, masturbation might lead to insanity. Berkhan, in his investigation of the psychoses of childhood, found that in no single case was masturbation a cause. Vogel, Uffelmann, and Emminghaus, in the course of similar studies, have all come to almost similar conclusions.¹ It is only on a congenitally morbid nervous system, Emminghaus insists, that masturbation can produce any serious results. "Most of the cases charged to masturbation," writes Kiernan (in a private letter), basing his opinion on wide clinical experience, "are either hebephrenia or hysteria in which an effect is taken for the cause." Christian, during twenty years' experience in hospitals, asylums, and private practice in town and country, has not found any seriously evil effects from masturbation.² He thinks, indeed, that it may be a more serious evil in women than in men. But Yellowlees considers that in women

¹ See, for instance, H. Emminghaus, "Die Psychosen des Kindesalters," Gerlandt's *Handbuch der Kinder-Krankheiten*, Nachtrag II, pp. 61-63.

² Christian, article "Onanisme," *Dictionnaire encyclopédique des sciences médicales*."

"it is possibly less exhausting and injurious than in the other sex," which was also the opinion of Hammond, as well as of Guttmann, though he found that women pushed the practice much further than men, and Nücke, who has given special attention to this point, could not find that masturbation is a definite cause of insanity in women in a single case.¹ Koch also reaches a similar conclusion, as regards both sexes, though he admits that masturbation may cause some degree of psychopathic deterioration. Even in this respect, however, he points out that "when practiced in moderation it is not injurious in the certain and exceptionless way in which it is believed to be in many circles. It is the people whose nervous systems are already injured who masturbate most easily and practice it more immoderately than others"; the chief source of its evil is self-reproach and the struggle with the impulse.² Kahlbaum, it is true, under the influence of the older tradition, when he erected katatonia into a separate disorder (not always accepted in later times), regarded prolonged and excessive masturbation as a chief cause, but I am not aware that he ever asserted that it was a sole and sufficient cause in a healthy organism. Kiernan, one of the earliest writers on katatonia, was careful to point out that masturbation was probably as much effect as cause of the morbid nervous condition.³ Maudsley (in *Body and Mind*) recognized masturbation as a special exciting cause of a characteristic form of insanity; but he cautiously added: "Nevertheless, I think that self-abuse seldom, if ever, produces it without the co-operation of the insane neurosis."⁴ Schüle also recognized a specific masturbatory insanity, but the general tendency to reject any such nosological form is becoming marked; Krafft-Ebing long since rejected it and Nücke decidedly opposes it. Kraepelin states that excessive masturbation can only occur in a dangerous degree in predis-

¹ Nücke, *Verbrechen und Wahnsinn beim Weibe*, 1894, p. 57.

² J. L. A. Koch, *Die Psychopathischen Minderwertigkeiten*, 1892, p. 273 et seq.

³ J. G. Kiernan, *American Journal of Insanity*, July, 1877.

⁴ Maudsley dealt, in his vigorous, picturesque manner, with the more extreme morbid mental conditions sometimes found associated with masturbation, in "Illustrations of a Variety of Insanity," *Journal of Mental Science*, July, 1868.

posed subjects; so, also, Forel and Löwenfeld, as at an earlier period, Trousseau.¹ It is true that Marro, in his admirable and detailed study of the normal and abnormal aspects of puberty, accepts a form of masturbatory insanity; but the only illustrative case he brings forward is a young man possessing various stigmata of degeneracy and the son of an alcoholic father; such a case tells us nothing regarding the results of simple masturbation.² Even Spitzka, who maintained several years ago the traditional views as to the terrible results of masturbation, and recognized a special "insanity of masturbation," stated his conclusions with a caution that undermined his position: "Self-abuse," he concluded, "to become a sole cause of insanity, must be begun early and carried very far. In persons of sound antecedents it rarely, under these circumstances, suffices to produce an actual vesania."³ When we remember that there is no convincing evidence to show that masturbation is "begun early and carried very far" by "persons of sound antecedents," the significance of Spitzka's "typical psychosis of masturbation" is somewhat annulled. It is evident that these distinguished investigators, Marro and Spitzka, have been induced by tradition to take up a position which their own scientific consciences have compelled them practically to evacuate.

Recent authorities are almost unanimous in rejecting masturbation as a cause of insanity. Thus, Rohleder, in his comprehensive monograph (*Die Masturbation*, 1899, pp. 185-92), although taking a very serious view of the evil results of masturbation, points out the unanimity which is now tending to prevail on this point, and lays it down that "masturbation is never the direct cause of insanity." Sexual excesses of any kind, he adds (following Curschmann), can, at the most, merely give an impetus to a latent form of insanity. On the whole, he concludes, the best authorities are unanimous in agreeing that masturbation may certainly injure mental capacity, by weakening memory and depressing intellectual energy; that, further, in hereditarily neurotic subjects, it may produce slight psychoses like *folie du doute*, hypo-

¹ See, e.g., Löwenfeld, *Sexualleben und Nervenleiden*, 2d. ed., Ch. VIII.

² Marro, *La Pubertà*, Turin, 1898, p. 174.

³ E. C. Spitzka, "Cases of Masturbation," *Journal of Mental Science*, July, 1888.

chondria, hysteria; that, finally, under no circumstances can it produce severe psychoses like paranoia or general paralysis. "If it caused insanity, as often as some claim," as Kellogg remarks, "the whole race would long since have passed into masturbatic degeneracy of mind. . . . It is especially injurious in the very young, and in all who have weak nervous systems," but "the physical traits attributed to the habit are common to thousands of neurasthenic and neurotic individuals." (Kellogg, *A Text-book of Mental Diseases*, 1897, pp. 94-95.) Again, at the outset of the article on "Masturbation," in Tuke's *Dictionary of Psychological Medicine*, Yellowlees states that, on account of the mischief formerly done by reckless statements, it is necessary to state plainly that "unless the practice has been long and greatly indulged, no permanent evil effects may be observed to follow." Näcke, again, has declared ("Kritisches zum Kapitel der Sexualität," *Archiv für Psychiatrie*, 1899): "There are neither somatic nor psychic symptoms peculiar on onanism. Nor is there any specific onanistic psychosis. I am prepared to deny that onanism ever produces any psychoses in those who are not already predisposed." That such a view is now becoming widely prevalent is illustrated by the cautious and temperate discussion of masturbation in a recent work by a non-medical writer, Geoffrey Mortimer (*Chapters on Human Love*, pp. 199-205).

The testimony of expert witnesses with regard to the influence of masturbation in producing other forms of psychoses and neuroses is becoming equally decisive; and here, also, the traditions of Tissot are being slowly effaced. "I have not, in the whole of my practice," wrote West, forty years ago, "out of a large experience among children and women, seen convulsions, epilepsy, or idiocy *induced* by masturbation in any child of either sex. Neither have I seen any instance in which hysteria, epilepsy, or insanity in women after puberty was *due* to masturbation, as its efficient cause."¹ Gowers speaks somewhat less positively, but regards masturbation as not so much a cause of true epilepsy as of atypical attacks, sometimes of a character intermediate between the hysteroid and the epileptoid form; this relationship he has frequently seen in boys.² Leyden, among the causes of diseases of the spinal cord, does not include any form

¹ Charles West, *Lancet*, November 17, 1866.

² Gowers, *Epilepsy*, 1881, p. 31. Löwenfeld believes that epileptic attacks are certainly caused by masturbation. Féré thought that both epilepsy and hysteria may be caused by masturbation.

of sexual excess. "In moderation," Erb remarks, "masturbation is not more dangerous to the spinal cord than natural coitus, and has no bad effects";¹ it makes no difference, Erb considers, whether the orgasm is effected normally or in solitude. This is also the opinion of Toulouse, of Fürbringer, and of Curschmann, as at an earlier period it was of Roubaud.

While these authorities are doubtless justified in refusing to ascribe to masturbation any part in the production of psychic or nervous diseases, it seems to me that they are going somewhat beyond their province when they assert that masturbation has no more injurious effect than coitus. If sexual coitus were a purely physiological phenomenon, this position would be sound. But the sexual orgasm is normally bound up with a mass of powerful emotions aroused by a person of the opposite sex. It is in the joy caused by the play of these emotions, as well as in the discharge of the sexual orgasm, that the satisfaction of coitus resides. In the absence of the desired partner the orgasm, whatever relief it may give, must be followed by a sense of dissatisfaction, perhaps of depression, even of exhaustion, often of shame and remorse. The same remark has since been made by Stanley Hall.² Practically, also, as John Hunter pointed out, there is more probability of excess in masturbation than in coitus. Whether, as some have asserted, masturbation involves a greater nervous effort than coitus is more doubtful.³ It thus seems somewhat misleading to assert that masturbation has no more injurious effect than coitus.⁴

Reviewing the general question of the supposed grave symp-

¹ Ziemssen's *Handbuch*, Bd. XI.

² *Adolescence*, vol. i, p. 441.

³ See a discussion of these points by Rohleder, *Die Masturbation*, pp. 168-175.

⁴ The surgeons, it may be remarked, have especially stated the harmlessness of masturbation in too absolute a manner. Thus, John Hunter (*Treatise on the Venereal Disease*, 1786, p. 200), after pointing out that "the books on this subject have done more harm than good," adds, "I think I may affirm that this act does less harm to the constitution in general than the natural." And Sir James Paget, in his lecture on "Sexual Hypochondriasis," said: "Masturbation does neither more nor less harm than sexual intercourse practiced with the same frequency, in the same conditions of general health and age and circumstances."

mentary hymen; and retroflexion of uterus. After much persuasion the patient confessed that, when a girl of 12, and as the result of repeated attempts at coitus by a boy of 16, she had been impelled to frequent masturbation. This had caused great shame and remorse, which, however, had not sufficed to restrain the habit. Her mother having died, she lived alone with her invalid father, and had no one in whom to confide. Regarding herself as no longer a virgin, she had refused several offers of marriage, and thus still further aggravated her mental condition. (Eulenburg, *Sexuale Neuropathie*, p. 31.)

Since Beard first described neurasthenia, many diverse opinions have been expressed concerning the relationships of sexual irregularities to neurasthenia. Gilles de la Tourette, in his little monograph on neurasthenia, following the traditions of Charcot's school, dismisses the question of any sexual causation without discussion. Binswanger (*Die Pathologie und Therapie der Neurasthenie*), while admitting that nearly all neurasthenic persons acknowledge masturbation at some period, considers it is not an important cause of neurasthenia, only differing from coitus by the fact that the opportunities for it are more frequent, and that the sexual disturbances of neurasthenia are, in the majority of cases, secondary. Rohleder, on the other hand, who takes a very grave view of the importance of masturbation, considers that its most serious results are a question of neurasthenia. Krafft-Ebing has declared his opinion that masturbation is a cause of neurasthenia. Christian, Leyden, Erb, Rosenthal, Beard, Hummel, Hammond, Hermann Cohn, Curschmann, Savill, Herman, Fürbringer, all attach chief importance to neurasthenia as a result of masturbation. Collins and Phillip (*Medical Record*, March 25, 1899), in an analysis of 333 cases of neurasthenia, found that 123 cases were apparently due to overwork or masturbation. Freud concludes that neurasthenia proper can nearly always be traced to excessive masturbation, or to spontaneous pollutions. (E.g., *Sammlung Kleiner Schriften zur Neurosenlehre*, first series, p. 187.) This view is confirmed by Gattel's careful study (*Ueber die Sexuellen Ursachen der Neurasthenie und Angstneurose*, 1898). Gattel investigated 100 consecutive cases of severe functional nervous disorder in Krafft-Ebing's clinic at Vienna, and found that in every case of neurasthenia in a male (28 in all) there was masturbation, while of the 15 women with neurasthenia, only one is recorded as not masturbating, and she practiced *coitus reservatus*. Irrespective of the particular form of the nervous disorder, Gattel found that 18 women out of 42, and 36 men out of 58, acknowledged masturbation. (This shows a slightly larger proportion among the men, but the men were mostly young, while the women were mostly of more mature age.) It must, however, always be remembered that we have no equally careful statistics of masturbation in perfectly healthy persons. We must also remember that we have to distinguish

between the *post* and the *propter*, and that it is quite possible that neurasthenic persons are specially predisposed to masturbation. Bloch is of this opinion, and remarks that a vicious circle may thus be formed.

On the whole, there can be little doubt that neurasthenia is liable to be associated with masturbation carried to an excessive extent. But, while neurasthenia is probably the severest affection that is liable to result from, or accompany, masturbation, we are scarcely yet entitled to accept the conclusion of Gattel that in such cases there is no hereditary neurotic predisposition. We must steer clearly between the opposite errors of those, on the one hand, who assert that heredity is the sole cause of functional nervous disorders, and those, on the other hand, who consider that the incident that may call out the disorder is itself a sole sufficient cause.

In many cases it has seemed to me that masturbation, when practiced in excess, especially if begun before the age of puberty, leads to inaptitude for coitus, as well as to indifference to it, and sometimes to undue sexual irritability, involving premature emission and practical impotence. This is, however, the exception, especially if the practice has not been begun until after puberty. In women I attach considerable importance, as a result of masturbation, to an aversion for normal coitus in later life. In such cases some peripheral irritation or abnormal mental stimulus trains the physical sexual orgasm to respond to an appeal which has nothing whatever to do with the fascination normally exerted by the opposite sex. At puberty, however, the claim of passion and the real charm of sex begin to make themselves felt, but, owing to the physical sexual feelings having been trained into a foreign channel, these new and more normal sex associations remain of a purely ideal and emotional character, without the strong sensual impulses with which under healthy conditions they tend to be more and more associated as puberty passes on into adolescence or mature adult life. I am fairly certain that in many women, often highly intellectual women, the precocious excess in masturbation has been a main cause, not necessarily the sole efficient cause, in producing a divorce in later life between the physical sensuous impulses and the ideal emotions. The sensuous impulse having been evolved and perverted,

before the manifestation of the higher emotion, the two groups of feelings have become divorced for the whole of life. This is a common source of much personal misery and family unhappiness, though at the same time the clash of contending impulses may lead to a high development of moral character. When early masturbation is a factor in producing sexual inversion it usually operates in the manner I have here indicated, the repulsion for normal coitus helping to furnish a soil on which the inverted impulse may develop unimpeded.

This point has not wholly escaped previous observers, though they do not seem to have noted its psychological mechanism. Tissot stated that masturbation causes an aversion to marriage. More recently, Loiman ("Ueber Onanismus beim Weibe," *Therapeutische Monatshefte*, April, 1890) considered that masturbation in women, leading to a perversion of sexual feeling, including inability to find satisfaction in coitus, affects the associated centres. Smith Baker, again ("The Neuropsychical Element in Conjugal Aversion," *Journal of Nervous and Mental Disease*, September, 1892), finds that a "source of marital aversion seems to lie in the fact that substitution of mechanical and iniquitous excitations affords more thorough satisfaction than the mutual legitimate ones do," and gives cases in point. Savill, also, who believes that masturbation is more common in women than is usually supposed, regards dyspareunia, or pain in coition, as one of the signs of the habit.

Masturbation in women thus becomes, as Raymond and Janet point out (*Les Obsessions*, vol. ii, p. 307) a frequent cause of sexual frigidity in marriage. These authors illustrate the train of evils which may thus be set up, by the case of a lady, 26 years of age, a normal woman, of healthy family, who, at the age of 15, was taught by a servant to masturbate. At the age of 18 she married. She loved her husband, but she had no sexual feelings in coitus, and she continued to masturbate, sometimes several times a day, without evil consequences. At 24 she had to go into a hospital for floating kidney, and was so obliged to stop masturbating. She here accidentally learnt of the evil results attributed to the habit. She resolved not to do it again, and she kept her resolution. But while still in hospital she fell wildly in love with a man. To escape from the constant thought of this man, she sought relations with her husband, and at times masturbated, but now it no longer gave her pleasure. She wished to give up sexual things altogether. But that was easier said than done. She became subject to nervous crises, often brought on by the sight of a man, and accompanied by sexual excitement. They disappeared under treatment, and

she thereupon became entirely frigid sexually. But, far from being happy, she has lost all energy and interest in life, and it is her sole desire to attain the sexual feelings she has lost. Adler considers that even when masturbation in women becomes an overmastering passion, so far as organic effects are concerned it is usually harmless, its effects being primarily psychic, and he attaches especial significance to it as a cause of sexual anæsthesia in normal coitus, being, perhaps, the most frequent cause of such anæsthesia. He devotes an important chapter to this matter, and brings forward numerous cases in illustration (Adler, *Die Mangelhafte Geschlechtsempfindung des Weibes*, pp. 93-119, also 21-23). Adler considers that the frequency of masturbation in women is largely due to the fact that women experience greater difficulties than men in obtaining sexual satisfaction, and so are impelled by unsatisfying coitus to continue masturbation after marriage. He adds that partly from natural shyness, partly from shame of acknowledging what is commonly accounted a sin, and partly from the fear of seeming disgusting or unworthy of sympathy in the doctor's eyes, women are usually silent on this matter, and very great tact and patience may be necessary before a confession is obtained.

On the psychic side, no doubt, the most frequent and the most characteristic result of persistent and excessive masturbation is a morbid heightening of self-consciousness without any co-ordinated heightening of self-esteem.¹ The man or woman who is kissed by a desirable and desired person of the opposite sex feels a satisfying sense of pride and elation, which must always be absent from the manifestations of auto-erotic activity.² This must be so, even apart from the masturbator's consciousness of the general social attitude toward his practices and his dread

¹ Thus, Bechterew ("La Phobie du Regard," *Archives de Neurologie*, July, 1905) considers that masturbation plays a large part in producing the morbid fear of the eyes of others.

² It is especially an undesirable tendency of masturbation, that it deadens the need for affection, and merely eludes, instead of satisfying, the sexual impulse. "Masturbation," as Godfrey well says (*The Science of Sex*, p. 173), "though a manifestation of sexual activity, is not a sexual act in the higher, or even in the real fundamental sense. For sex implies duality, a characteristic to which masturbation can plainly lay no claim. The physical, moral, and mental reciprocity which gives stability and beauty to a normal sexual intimacy, are as foreign to the masturbator as to the celibate. In a sense, therefore, masturbation is as complete a negative of the sexual life as chastity itself. It is, therefore, an evasion of, not an answer to, the sexual problem; and it will ever remain so, no matter how surely we may be convinced of its physical harmlessness."

of detection, for that may also exist as regards normal coitus without any corresponding psychic effects. The masturbator, if his practice is habitual, is thus compelled to cultivate an artificial consciousness of self-esteem, and may show a tendency to mental arrogance. Self-righteousness and religiosity constitute, as it were, a protection against the tendency to remorse. A morbid mental soil is, of course, required for the full development of these characteristics. The habitual male masturbator, it must be remembered, is often a shy and solitary person; individuals of this temperament are especially predisposed to excesses in all the manifestations of auto-erotism, while the yielding to such tendencies increases the reserve and the horror of society, at the same time producing a certain suspicion of others. In some extreme cases there is, no doubt, as Kraepelin believes, some decrease of psychic capacity, an inability to grasp and co-ordinate external impressions, weakness of memory, deadening of emotions, or else the general phenomena of increased irritability, leading on to neurasthenia.

I find good reason to believe that in many cases the psychic influence of masturbation on women is different from its effect on men. As Spitzka observed, although it may sometimes render women self-reproachful and hesitant, it often seems to make them bold. Boys, as we have seen, early assimilate the tradition that self-abuse is "unmanly" and injurious, but girls have seldom any corresponding tradition that it is "unwomanly," and thus, whether or not they are reticent on the matter, before the forum of their own conscience they are often less ashamed of it than men are and less troubled by remorse.

Eulenburg considers that the comparative absence of bad effects from masturbation in girls is largely due to the fact that, unlike boys, they are not terrorized by exaggerated warnings and quack literature concerning the awful results of the practice. Forel, who has also remarked that women are often comparatively little troubled by qualms of conscience after masturbation, denies that this is due to a lower moral tone than men possess (Forel, *Die Sexuelle Frage*, p. 247). In this connection, I may refer to History IV, recorded in the Appendix to the fifth volume of these *Studies*, in which it is stated that of 55 prostitutes of various nationalities, with whom the subject had had relations.

18 spontaneously told him that they were habitual masturbators, while of 26 normal women, 13 made the same confession, unasked. Gutteit, in Russia, after stating that women of good constitution had told him that they masturbated as much as six or ten times a day or night (until they fell asleep, tired), without bad results, adds that, according to his observations, "masturbation, when not excessive, is, on the whole, a quite innocent matter, which exerts little or no permanent effect," and adds that it never, in any case, leads to *hypochondria onanica* in women, because they have not been taught to expect bad results (*Dreissig Jahre Praxis*, p. 306). There is, I think, some truth—though the exceptions are doubtless many—in the distinction drawn by W. C. Krauss ("Masturbational Neuroses," *Medical News*, July 13, 1901): "From my experience it [masturbation] seems to have an opposite effect upon the two sexes, dulling the mental and making clumsy the physical exertions of the male, while in the female it quickens and excites the physical and psychical movements. The man is rendered hypaesthetic, the woman hyperesthetic."

In either sex auto-erotic excesses during adolescence in young men and women of intelligence—whatever absence of gross injury there may be—still often produce a certain degree of psychic perversion, and tend to foster false and high-strung ideals of life. Kraepelin refers to the frequency of exalted enthusiasms in masturbators, and I have already quoted Anstie's remarks on the connection between masturbation and premature false work in literature and art. It may be added that excess in masturbation has often occurred in men and women whose work in literature and art cannot be described as premature and false. K. P. Moritz, in early adult life, gave himself up to excess in masturbation, and up to the age of thirty had no relations with women. Lenau is said—though the statement is sometimes denied—to have been a masturbator from early life, the habit profoundly effecting his life and work. Rousseau, in his *Confessions*, admirably describes how his own solitary, timid, and imaginative life found its chief sexual satisfaction in masturbation.¹ Gogol,

¹ "I learnt that dangerous supplement," Rousseau tells us (Part I, Bk. III), "which deceives Nature. This vice, which bashfulness and timidity find so convenient, has, moreover, a great attraction for lively imaginations, for it enables them to do what they will, so to speak, with the whole fair sex, and to enjoy at pleasure the beauty who attracts them, without having obtained her consent."

the great Russian novelist, masturbated to excess, and it has been suggested that the dreamy melancholy thus induced was a factor in his success as a novelist. Goethe, it has been asserted, at one time masturbated to excess; I am not certain on what authority the statement is made, probably on a passage in the seventh book of *Dichtung und Wahrheit*, in which, describing his student-life at Leipzig, and his loss of Aennchen owing to his neglect of her, he tells how he revenged that neglect on his own physical nature by foolish practices from which he thinks he suffered for a considerable period.¹ The great Scandinavian philosopher, Sören Kierkegaard, suffered severely, according to Rasmussen, from excessive masturbation. That, at the present day, eminence in art, literature, and other fields may be combined with the excessive practice of masturbation is a fact of which I have unquestionable evidence.

I have the detailed history of a man of 30, of high ability in a scientific direction, who, except during periods of mental strain, has practiced masturbation nightly (though seldom more than once a night) from early childhood, without any traceable evil results, so far as his general health and energy are concerned. In another case, a school-teacher, age 30, a hard worker and accomplished musician, has masturbated every night, sometimes more than once a night, ever since he was at school, without, so far as he knows, any bad results; he has never had connection with a woman, and seldom touches wine or tobacco. Curschmann knew a young and able author who, from the age of 11 had masturbated excessively, but who retained physical and mental freshness. It would be very easy to refer to other examples, and I may remark that, as regards the histories recorded in various volumes of these *Studies*, a notable proportion of those in which excessive masturbation is admitted, are of persons of eminent and recognized ability.

¹ "Ich hatte sie wirklich verloren, und die Tollheit, mit der ich meinen Fehler an mir selbst rüchte, indem ich auf mancherlei unsinnige Weise in meine physische Natur stürmte, um der sittlichen etwas zu Leide zu thun, hat sehr viel zu den körperlichen Uebeln beigetragen, unter denen ich einige der besten Jahre meines Lebens verlor; ja ich wäre vielleicht an diesem Verlust völlig zu Grunde gegangen, hätte sich hier nicht das poetische Talent mit seinen Heilkräften besonders hilfreich erwiesen." This is scarcely conclusive, and it may be added that there were many reasons why Goethe should have suffered physically at this time, quite apart from masturbation. See, e.g., Bielschowsky, *Life of Goethe*, vol. i, p. 88.

It is often possible to trace the precise mechanism of the relationship between auto-erotic excitement and intellectual activity. Brown-Séquard, in old age, considered that to induce a certain amount of sexual excitement, not proceeding to emission, was an aid to mental work. Raymond and Janet knew a man considering himself a poet, who, in order to attain the excitation necessary to compose his ideal verses, would write with one hand while with the other he caressed his penis, though not to the extent of producing ejaculation.¹ We must not believe, however, that this is by any means the method of workers who deserve to be accepted seriously; it would be felt, to say the least, as unworthy. It is indeed a method that would only appeal to a person of feeble or failing mental power. What more usually happens is that the auto-erotic excitement develops, *pari passu* and spontaneously, with the mental activity and at the climax of the latter the auto-erotic excitement also culminates, almost or even quite spontaneously, in an explosion of detumescence which relieves the mental tension. I am acquainted with such cases in both young men and women of intellectual ability, and they probably occur much more frequently than we usually suspect.

In illustration of the foregoing observations, I may quote the following narrative, written by a man of letters: "From puberty to the age of 30 (when I married), I lived in virgin continence, in accord with my principle. During these years I worked exceedingly hard—chiefly at art (music and poetry). My days being spent earning my livelihood, these art studies fell into my evening time. I noticed that productive power came in periods—periods of irregular length, and which certainly, to a partial extent, could be controlled by the will. Such a period of vital power began usually with a sensation of melancholy, and it quickened my normal revolt against the narrowness of conventional life into a red-hot detestation of the paltriness and pettiness with which so many mortals seem to content themselves. As the mood grew in intensity, this scorn of the lower things mixed with and gave place to a vivid insight into higher truths. The oppression began to give place to a realization of the eternity of the heroic things; the fatuities were seen as mere fashions; love was seen as the true lord of life; the eternal romance was evident in its glory; the naked strength and beauty

¹ *Les Obsessions*, vol. ii, p. 136.

of men were known despite their clothes. In such mood my work was produced; bitter protest and keen-sighted passion mingled in its building. The arising vitality had certainly deep relation to the periodicity of the sex-force of manhood. At the height of the power of the art-creative mood would come those natural emissions with which Nature calmly disposes of the unused force of the male. Such emissions were natural and healthy, and not exhaustive or hysterical. The process is undoubtedly sane and protective, unless the subject be unhealthy. The period of creative art power extended a little beyond the end of the period of natural seed emission—the art work of this last stage being less vibrant, and of a gentler force. Then followed a time of calm natural rest, which gradually led up to the next sequence of melancholy and power. The periods certainly varied in length of time, controlled somewhat by the force of the mind and the mental will to create; that is to say, I could somewhat delay the natural emission, by which I gained an extension of the period of power.”

How far masturbation in moderately healthy persons living without normal sexual relationships may be considered normal is a difficult question only to be decided with reference to individual cases. As a general rule, when only practiced at rare intervals, and *faute de mieux*, in order to obtain relief for physical oppression and mental obsession, it may be regarded as the often inevitable result of the unnatural circumstances of our civilized social life. When, as often happens in mental degeneracy,—and as in shy and imaginative persons, perhaps of neurotic temperament, may also sometimes become the case,—it is practiced in preference to sexual relationships, it at once becomes abnormal and may possibly lead to a variety of harmful results, mental and physical.¹

It must always be remembered, however, that, while the practice of masturbation may be harmful in its consequences, it is also, in the absence of normal sexual relationships, frequently not without good results. In the medical literature of the last hundred years a number of cases have been incidentally recorded

¹ A somewhat similar classification has already been made by Max Dessoir, who points out that we must distinguish between onanists *aus Noth*, and onanists *aus Leidenschaft*, the latter group alone being of really serious importance. The classification of Dallemagne is also somewhat similar; he distinguishes *onanie par impulsion*, occurring in mental degeneration and in persons of inferior intelligence, from *onanie par evocation ou obsession*.

in which the patients found masturbation beneficial, and such cases might certainly have been enormously increased if there had been any open-eyed desire to discover them. My own observations agree with those of Sudduth, who asserts that "masturbation is, in the main, practiced for its sedative effect on the nervous system. The relaxation that follows the act constitutes its real attraction. . . . Both masturbation and sexual intercourse should be classed as typical sedatives."¹

Gall (*Fonctions du Cerveau*, 1825, vol. iii, p. 235) mentioned a woman who was tormented by strong sexual desire, which she satisfied by masturbation ten or twelve times a day; this caused no bad results, and led to the immediate disappearance of a severe pain in the back of the neck, from which she often suffered. Clouston (*Mental Diseases*, 1887, p. 496) quotes as follows from a letter written by a youth of 22: "I am sure I cannot explain myself, nor give account of such conduct. Sometimes I felt so uneasy at my work that I would go to the water-closet to do it, and it seemed to give me ease, and then I would work like a hatter for a whole week, till the sensation overpowered me again. I have been the most filthy scoundrel in existence," etc. Garnier presents the case of a monk, aged 33, living a chaste life, who wrote the following account of his experiences: "For the past three years, at least, I have felt, every two or three weeks, a kind of fatigue in the penis, or, rather, slight shooting pains, increasing during several days, and then I feel a strong desire to expel the semen. When no nocturnal pollution follows, the retention of the semen causes general disturbance, headache, and sleeplessness. I must confess that, occasionally, to free myself from the general and local oppression, I lie on my stomach and obtain ejaculation. I am at once relieved; a weight seems to be lifted from my chest, and sleep returns." This patient consulted Garnier as to whether this artificial relief was not more dangerous than the sufferings it relieved. Garnier advised that if the ordinary régime of a well-ordered monastery, together with anaphrodisiac sedatives, proved ineffic-

¹ W. Xavier Sudduth, "A Study in the Psycho-physics of Masturbation," *Chicago Medical Recorder*, March, 1898. Haig, who reaches a similar conclusion, has sought to find its precise mechanism in the blood-pressure. "As the sexual act produces lower and falling blood-pressure," he remarks, "it will of necessity relieve conditions which are due to high and rising blood-pressure, such, for instance, as mental depression and bad temper; and, unless my observation deceives me, we have here a connection between conditions of high blood-pressure with mental and bodily depression and acts of masturbation, for this act will relieve these conditions and tend to be practiced for this purpose." (*Uric Acid*, 6th edition, p. 154.)

cious, the manœuvre might be continued when necessary (P. Garnier, *Célibat et Célibataires*, 1887, p. 320). H. C. Coe (*American Journal of Obstetrics*, p. 766, July, 1889) gives the case of a married lady who was deeply sensitive of the wrong nature of masturbation, but found in it the only means of relieving the severe ovarian pain, associated with intense sexual excitement, which attended menstruation. During the intermenstrual period the temptation was absent. Turnbull knew a youth who found that masturbation gave great relief to feelings of heaviness and confusion which came on him periodically; and Wigglesworth has frequently seen masturbation after epileptic fits in patients who never masturbated at other times. Moll (*Libido Sexualis*, Bd. I, p. 13) refers to a woman of 28, an artist of nervous and excitable temperament, who could not find sexual satisfaction with her lover, but only when masturbating, which she did once or twice a day, or oftener; without masturbation, she said, she would be in a much more nervous state. A friend tells me of a married lady of 40, separated from her husband on account of incompatibility, who suffered from irregular menstruation; she tried masturbation, and, in her own words, "became normal again;" she had never masturbated previously. I have also been informed of the case of a young unmarried woman, intellectual, athletic, and well developed, who, from the age of seven or eight, has masturbated nearly every night before going to sleep, and would be restless and unable to sleep if she did not.

Judging from my own observations among both sexes, I should say that in normal persons, well past the age of puberty, and otherwise leading a chaste life, masturbation would be little practiced except for the physical and mental relief it brings. Many vigorous and healthy unmarried women or married women apart from their husbands, living a life of sexual abstinence, have asserted emphatically that only by sexually exciting themselves, at intervals, could they escape from a condition of nervous oppression and sexual obsession which they felt to be a state of hysteria. In most cases this happens about the menstrual period, and, whether accomplished as a purely physical act—in the same way as they would soothe a baby to sleep by rocking it or patting it—or by the co-operation of voluptuous mental imagery, the practice is not cultivated for its own sake during the rest of the month.

In illustration of the foregoing statements I will here record a few typical observations of experiences with regard to masturbation. The

cases selected are all women, and are all in a fairly normal, and, for the most part, excellent, state of health; some of them, however, belong to somewhat neurotic families, and these are persons of unusual mental ability and intelligence.

OBSERVATION I.—Unmarried, aged 38. She is very vigorous and healthy, of a strongly passionate nature, but never masturbated until a few years ago, when she was made love to by a man who used to kiss her, etc. Although she did not respond to these advances, she was thrown into a state of restless sexual excitement; on one occasion, when in bed in this restless state, she accidentally found, on passing her hand over her body, that, by playing with "a round thing" [clitoris] a pleasurable feeling was produced. She found herself greatly relieved and quieted by these manipulations, though there remained a feeling of tiredness afterward. She has sometimes masturbated six times in a night, especially before and after the menstrual period, until she was unable to produce the orgasm or any feeling of pleasure.

OBSERVATION II.—Unmarried, aged 45, of rather nervous temperament. She has for many years been accustomed, usually about a week before the appearance of the menses, to obtain sexual relief by kicking out her legs when lying down. In this way, she says, she obtains complete satisfaction. She never touches herself. On the following day she frequently has pains over the lower part of the abdomen, such pains being apparently muscular and due to the exertion.

OBSERVATION III.—Aged 29, recently married, belonging to a neurotic and morbid family, herself healthy, and living usually in the country; vivacious, passionate, enthusiastic, intellectual, and taking a prominent part in philanthropic schemes and municipal affairs; at the same time, fond of society, and very attractive to men. For many years she had been accustomed to excite herself, though she felt it was not good for her. The habit was merely practiced *faute de mieux*. "I used to sit on the edge of the bed sometimes," she said, "and it came over me so strongly that I simply couldn't resist it. I felt that I should go mad, and I thought it was better to touch myself than be insane. . . . I used to press my clitoris in. . . . It made me very tired afterward—not like being with my husband." The confession was made from a conviction of the importance of the subject, and with the hope that some way might be found out of the difficulties which so often beset women.

OBSERVATION IV.—Unmarried, aged 27; possesses much force of character and high intelligence; is actively engaged in a professional career. As a child of seven or eight she began to experience what she describes as lightning-like sensations, "mere, vague, uneasy feelings or momentary twitches, which took place alike in the vulva or the vagina or the uterus, not amounting to an orgasm and nothing like it." These

sensations, it should be added, have continued into adult life. "I always experience them just before menstruation, and afterward for a few days, and, occasionally, though it seems to me not so often, during the period itself. I may have the sensation four or five times during the day; it is not dependent at all upon external impressions, or my own thoughts, and is sometimes absent for days together. It is just one flash, as if you would snap your fingers, and it is over."

As a child, she was, of course, quite unconscious that there was anything sexual in these sensations. They were then usually associated with various imaginary scenes. The one usually indulged in was that a black bear was waiting for her up in a tree, and that she was slowly raised up toward the bear by means of ropes and then lowered again, and raised, feeling afraid of being caught by the bear, and yet having a morbid desire to be caught. In after years she realized that there was a physical sexual cause underlying these imaginations, and that what she liked was a feeling of resistance to the bear giving rise to the physical sensation.

At a somewhat later age, though while still a child, she cherished an ideal passion for a person very much older than herself, this passion absorbing her thoughts for a period of two years, during which, however, there was no progress made in physical sensation. It was when she was nearly thirteen years of age, soon after the appearance of menstruation, and under the influence of this ideal passion, that she first learned to experience conscious orgasm, which was not associated with the thought of any person. "I did not associate it with anything high or beautiful, owing to the fact that I had imbibed our current ideas in regard to sexual feelings, and viewed them in a very poor light indeed." She considers that her sexual feelings were stronger at this period than at any other time in her life. She could, however, often deny herself physical satisfaction for weeks at a time, in order that she might not feel unworthy of the object of her ideal passion. "As for the sexual satisfaction," she writes, "it was experimental. I had heard older girls speak of the pleasure of such feelings, but I was not taught anything by example, or otherwise. I merely rubbed myself with the wash-rag while bathing, waiting for a result, and having the same peculiar feeling I had so often experienced. I am not aware of any ill effects having resulted, but I felt degraded, and tried hard to overcome the habit. No one had spoken to me of the habit, but from the secrecy of grown people, and passages I had heard from the Bible, I conceived the idea that it was a reprehensible practice. And, while this did not curb my desire, it taught me self-control, and I vowed that each time should be the last. I was often able to keep the resolution for two or three weeks." Some four years later she gradually succeeded in breaking herself of the practice in so far as it had become a habit; she has, however, acquired a fuller

knowledge of sexual matters, and, though she has still a great dread of masturbation as a vice, she does not hesitate to relieve her physical feelings when it seems best to her to do so. "I am usually able to direct my thoughts from these sensations," she writes, "but if they seem to make me irritable or wakeful, I relieve myself. It is a physical act, unassociated with deep feeling of any kind. I have always felt that it was a rather unpleasant compromise with my physical nature, but certainly necessary in my case. Yet, I have abstained from gratification for very long periods. If the feeling is not strong at the menstrual period, I go on very well without either the sensation or the gratification until the next period. And, strange as it may seem, the best antidote I have found and the best preventive is to think about spiritual things or someone whom I love. It is simply a matter of training, I suppose,—a sort of mental gymnastics,—which draws the attention away from the physical feelings." This lady has never had any sexual relationships, and, since she is ambitious, and believes that the sexual emotions may be transformed so as to become a source of motive power throughout the whole of life, she wishes to avoid such relationships.

OBSERVATION V.—Unmarried, aged 31, in good health, with, however, a somewhat hysterical excess of energy. "When I was about 26 years of age," she writes, "a friend came to me with the confession that for several years she had masturbated, and had become such a slave to the habit that she severely suffered from its ill effects. At that time I had never heard of self-abuse by women. I listened to her story with much sympathy and interest, but some skepticism, and determined to try experiments upon myself, with the idea of getting to understand the matter in order to assist my friend. After some manipulation, I succeeded in awakening what had before been unconscious and unknown. I purposely allowed the habit to grow upon me, and one night—for I always operated upon myself before going to sleep, never in the morning—I obtained considerable pleasurable satisfaction, but the following day my conscience awoke; I also felt pain located at the back of my head and down the spinal column. I ceased my operations for a time, and then began again somewhat regularly, once a month, a few days after menstruation. During those months in which I exercised moderation, I think I obtained much local relief with comparatively little injury, but, later on, finding myself in robust health, I increased my experiments, the habit grew upon me, and it was only with an almost superhuman effort that I broke myself free. Needless to say that I gave no assistance to my suffering friend, nor did I ever refer to the subject after her confession to me.

"Some two years later I heard of sexual practices between women as a frequent habit in certain quarters. I again interested myself in masturbation, for I had been told something that led me to believe that

there was much more for me to discover. Not knowing the most elementary physiology, I questioned some of my friends, and then commenced again. I restricted myself to relief from local congestion and irritation by calling forth the emission of mucus, rather than by seeking pleasure. At the same time, I sought to discover what manipulation of the clitoris would lead to. The habit grew upon me with startling rapidity, and I became more or less its slave, but I suffered from no very great ill effects until I started in search of more discoveries. I found that I was a complete ignoramus as to the formation of a woman's body, and by experiments upon myself sought to discover the vagina. I continued my operations until I obtained an entrance. I think the rough handling of myself during this final stage disturbed my nervous system, and caused me considerable pain and exhaustion at the back of my head, the spinal column, the back of my eyes, and a general feeling of languor, etc.

"I could not bear to be the slave of a habit, and after much suffering and efforts, which only led to falls to lower depths of conscious failure, my better self rebelled, until, by a great effort and much prayer, I kept myself pure for a whole week. This partial recovery gave me hope, but then I again fell a victim to the habit, much to my chagrin, and became hopeless of ever retracing my steps toward my ideal of virtue. For some days I lost energy, spirit, and hope; my nervous system appeared to be ruined, but I did not really despair of victory in the end. I thought of all the drunkards chained by their intemperate habits, of inveterate smokers who could not exist without tobacco, and of all the various methods by which men were slaves, and the longing to be freed of what had, in my case, proved to be a painful and unnecessary habit, increased daily until, after one night when I struggled with myself for hours, I believed I had finally succeeded.

"At times, when I reached a high degree of sexual excitement, I felt that I was at least one step removed from those of morbid and repressed sex, who had not the slightest suspicion of the latent joys of womanhood within them. For a little while the habit took the shape of an exalted passion, but I rapidly tired it out by rough, thoughtless, and too impatient handling. Revulsion set in with the pain of an exhausted and badly used nervous system, and finding myself the slave of a passion, I determined to endeavor to be its master.

"In conclusion, I should say that masturbation has proved itself to be to me one of the blind turnings of my life's history, from which I have gained much valuable experience."

The practice was, however, by no means thus dismissed. Some time later the subject writes: "I have again restarted masturbation for the relief of localized feelings. One morning I was engaged in reading a very heavy volume which, for convenience sake, I held in my lap,

leaning back on my chair. I had become deep in my study for an hour or so when I became aware of certain feelings roused by the weight of the book. Being tempted to see what would happen by such conduct, I shifted so that the edge of the volume came in closer contact. The pleasurable feelings increased, so I gave myself up to my emotions for some thirty minutes.

"Notwithstanding the intense pleasure I enjoyed for so long a period, I maintain that it is wiser to refrain, and, although I admit in the same breath that, by gentle treatment, such pleasure may be harmless to the general health, it does lead to a desire for solitude, which is not conducive to a happy frame of mind. There is an accompanying reticence of speech concerning the pleasure, which, therefore, appears to be unnatural, like the eating of stolen fruit. After such an event, one seems to require to fly to the woods, and to listen to the song of the birds, so as to shake off after-effects."

In a letter dated some months later, she writes: "I think I have risen above the masturbation habit." In the same letter the writer remarks: "If I had consciously abnormal or unsatisfied appetites I would satisfy them in the easiest and least harmful way."

Again, eighteen months later, she writes: "It is curious to note that for months this habit is forgotten, but awakens sometimes to self-assertion. If a feeling of pressure is felt in the head, and a slight irritation elsewhere, and experience shows that the time has come for pacification, exquisite pleasure can be enjoyed, never more than twice a month, and sometimes less often."

OBSERVATION VI.—Unmarried, actively engaged in the practice of her profession. Well-developed, feminine in contour, but boyish in manner and movements; strong, though muscles small, and healthy, with sound nervous system; never had anæmia. Thick brown hair; pubic hair thick, and hair on toes and legs up to umbilicus; it began to appear at the age of 10 (before pubic hair) and continued until 18. A few stray hairs round nipples, and much dark down on upper lip, as well as light down on arms and hands. Hips, normal; nates, small; labia minora, large; and clitoris, deeply hooded. Hymen thick, vagina probably small. Considerable pigmentation of parts. Menstruation began at 15, but not regular till 17; is painless and scanty; the better the state of health, the less it is. No change of sexual or other feelings connected with it; it lasts one to three days.

"I believe," she writes, "my first experience of physical sex sensations was when I was about 16, and in sleep. But I did not then recognize it, and seldom, indeed, gave the subject of sex a thought. I was a child far beyond the age of childhood. The accompanying dreams were disagreeable, but I cannot remember what they were about. It was not until I was nearly 19 that I knew the sexual orgasm in my

waking state. It surprised me completely, but I knew that I had known it before in my sleep.

"The knowledge came one summer when I was leading a rather isolated life, and my mind was far from sex subjects, being deep in books, Carlyle, Ruskin, Huxley, Darwin, Scott, etc. I noticed that when I got up in the morning I felt very hot and uncomfortable. The clitoris and the parts around were swollen and erect, and often tender and painful. I had no idea what it was, but found I was unable to pass my water for an hour or two. One day, when I was straining a little to pass water, the full orgasm occurred. The next time it happened, I tried to check it by holding myself firmly, of course, with the opposite result. I do not know that I found it highly pleasurable, but it was a very great relief. I allowed myself a good many experiments, to come to a conclusion in the matter, and I thought about it. I was much too shy to speak to any one, and thought it was probably a sin. I tried not to do it, and not to think about it, saying to myself that surely I was lord of my body. But I found that the matter was not entirely under my control. However unwilling or passive I might be, there were times when the involuntary discomfort was not in my keeping. My touching myself or not did not save me from it. Because it sometimes gave me pleasure, I thought it might be a form of self-indulgence, and did not do it until it could scarcely be helped. Soon the orgasm began to occur fairly frequently in my sleep, perhaps once or twice a week. I had no erotic dreams, then or at any other time, but I had nights of restless sleep, and woke as it occurred, dreaming that it was happening, as, in fact, it was. At times I hardly awoke, but went to sleep again in a moment. I continued for two or three years to be sorely tried by day at frequent intervals. I acquired a remarkable degree of control, so that, though one touch or steadily directed thought would have caused the orgasm, I could keep it off, and go to sleep without 'wrong doing.' Of course, when I fell asleep, my control ended. All this gave me a good deal of physical worry, and kept my attention unwillingly fixed upon the matter. I do not think my body was readily irritable, but I had unquestionably very strong sexual impulses.

"After a year or two, when I was working hard, I could not afford the attention the control cost me, or the prolonged mitigated sexual excitement it caused. I took drugs for a time, but they lost effect, produced lassitude, and agreed with me badly. I therefore put away my scruples and determined to try the effect of giving myself an instant and business-like relief. Instead of allowing my feelings to gather strength, I satisfied them out of hand. Instead of five hours of heat and discomfort, I did not allow myself five minutes, if I could help it.

"The effect was marvelous. I practically had no more trouble. The thing rarely came to me at all by day, and though it continued at times by night, it became less frequent and less strong; often it did not wake me. The erotic images and speculations that had begun to come to me died down. I left off being afraid of my feelings, or, indeed, thinking about them. I may say that I had decided that I should be obliged to lead a single life, and that the less I thought about matters of sex, the more easy I should find life. Later on I had religious ideas which helped me considerably in my ideals of a decent, orderly, self-contained life. I do not lay stress on these; they were not at all emotional, and my physical and psychical development do not appear to have run much on parallel lines. I had a strong moral sense before I had a religious one, and a 'common-sense' which I perhaps trusted more than either.

"When I was about 28 I thought I might perhaps leave off the habit of regular relief I had got into. (It was not regular as regards time, being anything from one day to six weeks.) The change was probably made easier by a severe illness I had had. I gave this abstinence a fair trial for several years (until I was about 34), but my nocturnal manifestations certainly gathered strength, especially when I got much better in health, and, finally, as at puberty, began to worry my waking life. I reasoned that by my attempt at abstinence I had only exchanged control for uncontrol, and reverted to my old habits of relief, with the same good results as before. The whole trouble subsided and I got better at once. (The orgasm during sleep continued, and occurs about once a fortnight; it is increased by change of air, especially at the seaside, when it may occur on two or three nights running.) I decided that, for the proper control of my single life, relief was normal and right. It would be very difficult for anyone to demonstrate the contrary to me. My aim has always been to keep myself in the best condition of physical and mental balance that a single person is capable of."

There is some interest in briefly reviewing the remarkable transformations in the attitude toward masturbation from Greek times down to our own day. The Greeks treated masturbation with little opprobrium. At the worst they regarded it as unmanly, and Aristophanes, in various passages, connects the practice with women, children, slaves, and feeble old men. Æschines seems to have publicly brought it as a charge against Demosthenes that he had practiced masturbation, though, on the other hand, Plutarch tells us that Diogenes—described by Zeller, the

historian of Greek philosophy, as "the most typical figure of ancient Greece"—was praised by Chrysippus, the famous philosopher, for masturbating in the market-place. The more strenuous Romans, at all events as exemplified by Juvenal and Martial, condemned masturbation more vigorously.¹ Aretæus, without alluding to masturbation, dwells on the tonic effects of retaining the semen; but, on the other hand, Galen regarded the retention of semen as injurious, and advocated its frequent expulsion, a point of view which tended to justify masturbation. In classical days, doubtless, masturbation and all other forms of the auto-erotic impulse were comparatively rare. So much scope was allowed in early adult age for homosexual and later for heterosexual relationships that any excessive or morbid development of solitary self-indulgence could seldom occur. The case was altered when Christian ideals became prominent. Christian morality strongly proscribed sexual relationships except under certain specified conditions. It is true that Christianity discouraged all sexual manifestations, and that therefore its ban fell equally on masturbation, but, obviously, masturbation lay at the weakest line of defence against the assaults of the flesh; it was there that resistance would most readily yield. Christianity thus probably led to a considerable increase of masturbation. The attention which the theologians devoted to its manifestations clearly bears witness to their magnitude. It is noteworthy that Mohammedan theologians regarded masturbation as a Christian vice. In Islam both doctrine and practice tended to encourage sexual relationships, and not much attention was paid to masturbation, nor even any severe reprobation directed against it. Omer Haleby remarks that certain theologians of Islam are inclined to consider the practice of masturbation in vogue among Christians as allowable to devout Mussulmans when alone on a journey; he himself regards this as a practice good neither for soul nor body (seminal emissions during sleep providing all necessary relief); should, however, a Mussulman fall into this error, God is merciful!²

¹ Northcote discusses the classic attitude towards masturbation *Christianity and Sex Problems*, p. 233.

² *El Ktab*, traduction de Paul de Régla, Paris, 1893.

In Theodore's Penitential of the seventh century, forty days' penance is prescribed for masturbation. Aquinas condemned masturbation as worse than fornication, though less heinous than other sexual offences against Nature; in opposition, also, to those who believed that *distillatio* usually takes place without pleasure, he observed that it was often caused by sexual emotion, and should, therefore, always be mentioned to the confessor. Liguori also regarded masturbation as a graver sin than fornication, and even said that *distillatio*, if voluntary and with notable physical commotion, is without doubt a mortal sin, for in such a case it is the beginning of a pollution. On the other hand, some theologians have thought that *distillatio* may be permitted, even if there is some commotion, so long as it has not been voluntarily procured, and Caramuel, who has been described as a theological *enfant terrible*, declared that "natural law does not forbid masturbation," but that proposition was condemned by Innocent XI. The most enlightened modern Catholic view is probably represented by Debreyne, who, after remarking that he has known pious and intelligent persons who had an irresistible impulse to masturbate, continues: "Must we excuse, or condemn, these people? Neither the one nor the other. If you condemn and repulse absolutely these persons as altogether guilty, against their own convictions, you will perhaps throw them into despair; if, on the contrary, you completely excuse them, you maintain them in a disorder from which they may, perhaps, never emerge. Adopt a wise middle course, and, perhaps, with God's aid, you may often cure them."

Under certain circumstances some Catholic theologians have permitted a married woman to masturbate. Thus, the Jesuit theologian, Gury, asserts that the wife does not sin "*quæ se ipsam tactibus excitat ad seminationem statim post copulam in quâ vir solus seminavit.*" This teaching seems to have been misunderstood, since ethical and even medical writers have expended a certain amount of moral indignation on the Church whose theologians committed themselves to this statement. As a matter of fact, this qualified permission to masturbate merely rests on a false theory of procreation, which is clearly expressed in the word *seminatio*. It was believed that ejaculation in the woman is as necessary to fecundation as ejaculation in the man. Galen, Avicenna, and Aquinas recognized, indeed, that such feminine semination was not necessary; Sanchez, however, was doubtful, while Suarez and Zacchia, following Hippocrates, regarded it as necessary. As sexual intercourse without fecundation is not approved by the Catholic Church, it thus became logically necessary to permit women to masturbate whenever the ejaculation of mucus had not occurred at or before coitus.

The belief that the emission of vaginal mucus, under the influence of sexual excitement in women, corresponded to spermatic emission, has led to the practice of masturbation on hygienic grounds. Garnier

(*Célibat*, p. 255) mentions that Mesué, in the eighteenth century, invented a special pessary to take the place of the penis, and, as he stated, effect the due expulsion of the feminine sperm.

Protestantism, no doubt, in the main accepted the general Catholic tradition, but the tendency of Protestantism, in reaction against the minute inquisition of the earlier theologians, has always been to exercise a certain degree of what it regarded as wholesome indifference toward the less obvious manifestations of the flesh. Thus in Protestant countries masturbation seems to have been almost ignored until Tissot, combining with his reputation as a physician the fanaticism of a devout believer, raised masturbation to the position of a colossal bogey which during a hundred years has not only had an unfortunate influence on medical opinion in these matters, but has been productive of incalculable harm to ignorant youth and tender consciences. During the past forty years the efforts of many distinguished physicians—a few of whose opinions I have already quoted—have gradually dragged the bogey down from its pedestal, and now, as I have ventured to suggest, there is a tendency for the reaction to be excessive. There is even a tendency to-day to regard masturbation, with various qualifications, as normal. Remy de Gourmont, for instance, considers that masturbation is natural because it is the method by which fishes procreate: "All things considered, it must be accepted that masturbation is part of the doings of Nature. A different conclusion might be agreeable, but in every ocean and under the reeds of every river, myriads of beings would protest."¹ Tillier remarks that since masturbation appears to be universal among the higher animals we are not entitled to regard it as a vice; it has only been so considered because studied exclusively by physicians under abnormal conditions.² Hirth, while asserting that masturbation must be strongly repressed in the young, regards it as a desirable method of relief for adults, and especially, under some circumstances, for women.³ Venturi, a well-known Italian alienist, on the other

¹ Remy de Gourmont, *Physique de l'Amour*, p. 133.

² Tillier, *L'Instinct Scauel*, Paris, 1889, p. 270.

³ G. Hirth, *Wege zur Heimat*, p. 648.

hand, regards masturbation as strictly physiological in youth; it is the normal and natural passage toward the generous and healthy passion of early manhood; it only becomes abnormal and vicious, he holds, when continued into adult life.

The appearance of masturbation at puberty, Venturi considers, "is a moment in the course of the development of the function of that organ which is the necessary instrument of sexuality." It finds its motive in the satisfaction of an organic need having much analogy with that which arises from the tickling of a very sensitive cutaneous surface. In this masturbation of early adolescence lies, according to Venturi, the germ of what will later be love: a pleasure of the body and of the spirit, following the relief of a satisfied need. "As the youth develops, onanism becomes a sexual act comparable to coitus as a dream is comparable to reality, imagery forming in correspondence with the desires. In its fully developed form in adolescence," Venturi continues, "masturbation has an almost hallucinatory character; onanism at this period psychically approximates to the true sexual act, and passes insensibly into it. If, however, continued on into adult age, it becomes morbid, passing into erotic fetichism; what in the inexperienced youth is the natural auxiliary and stimulus to imagination, in the degenerate onanist of adult age is a sign of arrested development. Thus, onanism," the author concludes, "is not always a vice such as is fiercely combated by educators and moralists. It is the natural transition by which we reach the warm and generous love of youth, and, in natural succession to this, the tranquil, positive, matrimonial love of the mature man." (Silvio Venturi, *Le Degenerazioni Psico-sessuale*, 1892, pp. 6-9.)

It may be questioned whether this view is acceptable even for the warm climate of the south of Europe, where the impulses of sexuality are undoubtedly precocious. It is certainly not in harmony with general experience and opinion in the north; this is well expressed in the following passage by Edward Carpenter (*International Journal of Ethics*, July, 1899): "After all, purity (in the sense of continence) is of the first importance to boyhood. To prolong the period of continence in a boy's life is to prolong the period of *growth*. This is a simple physiological law, and a very obvious one; and, whatever other things may be said in favor of purity, it remains, perhaps, the most weighty. To introduce sensual and sexual habits—and one of the worst of them is self-abuse—at an early age, is to arrest growth, both physical and mental. And what is even more, it means to arrest the capacity for affection. All experience shows that the early outlet toward sex cheapens and weakens affectional capacity."

I do not consider that we can decide the precise degree in which masturbation may fairly be called normal so long as we take masturbation by itself. We are thus, in conclusion, brought back to the point which I sought to emphasize at the outset: masturbation belongs to a group of auto-erotic phenomena. From one point of view it may be said that all auto-erotic phenomena are unnatural, since the natural aim of the sexual impulse is sexual conjunction, and all exercise of that impulse outside such conjunction is away from the end of Nature. But we do not live in a state of Nature which answers to such demands; all our life is "unnatural." And as soon as we begin to restrain the free play of sexual impulse toward sexual ends, at once auto-erotic phenomena inevitably spring up on every side. There is no end to them; it is impossible to say what finest elements in art, in morals, in civilization generally, may not really be rooted in an auto-erotic impulse. "Without a certain overheating of the sexual system," said Nietzsche, "we could not have a Raphael." Auto-erotic phenomena are inevitable. It is our wisest course to recognize this inevitableness of sexual and transmuted sexual manifestations under the perpetual restraints of civilized life, and, while avoiding any attitude of excessive indulgence or indifference,¹ to avoid also any attitude of excessive horror, for our horror not only leads to the facts being effectually veiled from our sight, but itself serves to manufacture artificially a greater evil than that which we seek to combat.

The sexual impulse is not, as some have imagined, the sole root of the most massive human emotions, the most brilliant human aptitudes,—of sympathy, of art, of religion. In the complex human organism, where all the parts are so many-fibred and so closely interwoven, no great manifestation can be reduced to one single source. But it largely enters into and molds all of these emotions and aptitudes, and that by virtue of its two most peculiar characteristics: it is, in the first place, the deepest and

¹ Féré, in the course of his valuable work, *L'Instinct Sexuel*, stated that my conclusion is that masturbation is normal, and that "*l'indulgence s'impose.*" I had, however, already guarded myself against this misinterpretation.

most volcanic of human impulses, and, in the second place,—unlike the only other human impulse with which it can be compared, the nutritive impulse,—it can, to a large extent, be transmuted into a new force capable of the strangest and most various uses. So that in the presence of all these manifestations we may assert that in a real sense, though subtly mingled with very diverse elements, auto-erotism everywhere plays its part. In the phenomena of auto-erotism, when we take a broad view of those phenomena, we are concerned, not with a form of insanity, not necessarily with a form of depravity, but with the inevitable by-products of that mighty process on which the animal creation rests.

APPENDIX A.

THE INFLUENCE OF MENSTRUATION ON THE POSITION OF WOMEN.

A QUESTION of historical psychology which, so far as I know, has never been fully investigated is the influence of menstruation in constituting the emotional atmosphere through which men habitually view women.¹ I do not purpose to deal fully with this question, because it is one which may be more properly dealt with at length by the student of culture and by the historian, rather than from the standpoint of empirical psychology. It is, moreover, a question full of complexities in regard to which it is impossible to speak with certainty. But we here strike on a factor of such importance, such neglected importance, for the proper understanding of the sexual relations of men and women, that it cannot be wholly ignored.

Among the negroes of Surinam a woman must live in solitude during the time of her period; it is dangerous for any man or woman to approach her, and when she sees a person coming near she cries out anxiously: "*Mi kay! Mi kay!*"—I am unclean! I am unclean! Throughout the world we find traces of the custom of which this is a typical example, but we must not too hastily assume that this custom is evidence of the inferior position occupied by semi-civilized women. It is necessary to take a broad view, not only of the beliefs of semi-civilized man regarding menstruation, but of his general beliefs regarding the supernatural forces of the world.

There is no fragment of folk-lore so familiar to the European world as that which connects woman with the serpent. It is,

¹ Several recent works, however, notably Frazer's *Golden Bough* and Crawley's *Mystic Rose*, throw light directly or indirectly on this question.

indeed, one of the foundation stones of Christian theology.¹ Yet there is no fragment of folk-lore which remains more obscure. How has it happened that in all parts of the world the snake or his congeners, the lizard and the crocodile, have been credited with some design, sinister or erotic, on women?

Of the wide prevalence of the belief there can be no doubt. Among the Port Lincoln tribe of South Australia a lizard is said to have divided man from woman.² Among the Chiriguano of Bolivia, on the appearance of menstruation, old women ran about with sticks to hunt the snake that had wounded the girl. Frazer, who quotes this example from the "*Lettres édifiantes et curieuses*," also refers to a modern Greek folk-tale, according to which a princess at puberty must not let the sun shine upon her, or she would be turned into a lizard.³ The lizard was a sexual symbol among the Mexicans. In some parts of Brazil at the onset of puberty a girl must not go into the woods for fear of the amorous attacks of snakes, and so it is also among the Macusi Indians of British Guiana, according to Schomburgk. Among the Basutos of South Africa the young girls must dance around the clay image of a snake. In Polynesian mythology the lizard is a very sacred animal, and legends represent women as often giving birth to lizards.⁴ At a widely remote spot, in Bengal, if you

¹ Robertson Smith points out that since snakes are the last noxious animals which man is able to exterminate, they are the last to be associated with demons. They were ultimately the only animals directly and constantly associated with the Arabian *jinn*, or demon, and the serpent of Eden was a demon, and not a temporary disguise of Satan (*Religion of Semites*, pp. 129 and 442). Perhaps it was, in part, because the snake was thus the last embodiment of demonic power that women were associated with it, women being always connected with the most ancient religious beliefs.

² In the northern territory of the same colony menstruation is said to be due to a bandicoot scratching the vagina and causing blood to flow (*Journal of the Anthropological Institute*, p. 177, November, 1894). At Glenelg, and near Portland, in Victoria, the head of a snake was inserted into a virgin's vagina, when not considered large enough for intercourse (Brough Smyth, *Aborigines of Victoria*, vol. ii, p. 319).

³ Frazer, *Golden Bough*, vol. ii, p. 231. Crawley (*The Mystic Rose*, p. 192) also brings together various cases of primitive peoples who believe the bite of a snake to be the cause of menstruation.

⁴ Meyners d'Estrez, "Étude ethnographique sur le lézard chez les peuples malais et polynésiens," *L'Anthropologie*, 1892; see also, as regards the lizard in Samoan folk-lore, *Globus*, vol. lxxiv, No. 16.

dream of a snake a child will be born to you, reports Sarat Chandra Mitra.¹ In the Berlin Museum für Völkerkunde there is a carved wooden figure from New Guinea of a woman into whose vulva a crocodile is inserting its snout, while the same museum contains another figure of a snake-like crocodile crawling out of a woman's vulva, and a third figure shows a small round snake with a small head, and closely resembling a penis, at the mouth of the vagina. All these figures are reproduced by Ploss and Bartels. Even in modern Europe the same ideas prevail. In Portugal, according to Reys, it is believed that during menstruation women are liable to be bitten by lizards, and to guard against this risk they wear drawers during the period. In Germany, again, it was believed, up to the eighteenth century at least, that the hair of a menstruating woman, if buried, would turn into a snake. It may be added that in various parts of the world virgin priestesses are dedicated to a snake-god and are married to the god.² At Rome, it is interesting to note, the serpent was the symbol of fecundation, and as such often figures at Pompeii as the *genius patrisfamilias*, the generative power of the family.³ In Rabbinical tradition, also, the serpent is the symbol of sexual desire.

There can be no doubt that—as Ploss and Bartels, from whom some of these examples have been taken, point out—in widely different parts of the world menstruation is believed to have been originally caused by a snake, and that this conception is frequently associated with an erotic and mystic idea.⁴ How the connection arose Ploss and Bartels are unable to say. It can

¹ *Journal Anthropological Society of Bombay*, 1890, p. 589.

² Boudin (*Etude Anthropologique: Culte du Serpent*, Paris, 1864, pp. 66-70) brings forward examples of this aspect of snake-worship.

³ Attilio de Marchi, *Il Culto privato di Roma*, p. 74. The association of the power of generation with a god in the form of a serpent is, indeed, common; see, e.g. Sir W. M. Ramsay, *Cities of Phrygia*, vol. i, p. 94.

⁴ It is noteworthy that one of the names for the penis used by the Swahili women of German East Africa, in a kind of private language of their own, is "the snake" (Zache, *Zeitschrift für Ethnologie*, p. 73, 1899). It may be added that Maeder ("Interprétation de Quelques Rêves," *Archives de Psychologie*, April, 1907) brings forward various items of folk-lore showing the phallic significance of the serpent, as well as evidence indicating that, in the dreams of women of to-day, the snake sometimes has a sexual significance.

only be suggested that its shape and appearance, as well as its venomous nature, may have contributed to the mystery everywhere associated with the snake—a mystery itself fortified by the association with women—to build up this world-wide belief regarding the origin of menstruation.

This primitive theory of the origin of menstruation probably brings before us in its earliest shape the special and intimate bond which has ever been held to connect women, by virtue of the menstrual process, with the natural or supernatural powers of the world. Everywhere menstruating women are supposed to be possessed by spirits and charged with mysterious forces. It is at this point that a serious misconception, due to ignorance of primitive religious ideas, has constantly intruded. It is stated that the menstruating woman is “unclean” and possessed by an evil spirit. As a matter of fact, however, the savage rarely discriminates between bad and good spirits. Every spirit may have either a beneficial or malignant influence. An interesting instance of this is given in Colenso’s *Maori Lexicon* as illustrated by the meaning of the Maori word *atua*.

The importance of recognizing the special sense in which the word “unclean” is used in this connection was clearly pointed out by Robertson Smith in the case of the Semites. “The Hebrew word *tame* (unclean),” he remarked, “is not the ordinary word for things physically foul; it is a ritual term, and corresponds exactly to the idea of *taboo*. The ideas ‘unclean’ and ‘holy’ seem to us to stand in polar opposition to one another, but it was not so with the Semites. Among the later Jews the Holy Books ‘defiled the hands’ of the reader as contact with an impure thing did; among Lucian’s Syrians the dove was so holy that he who touched it was unclean for a day; and the *taboo* attaching to the swine was explained by some, and beyond question correctly explained, in the same way. Among the heathen Semites,¹ therefore, unclean animals, which it was pollution to eat, were simply

¹ W. R. Smith, *Kinship and Marriage in Early Arabia*, 1885, p. 307. The point is elaborated in the same author’s *Religion of Semites*, second edition, Appendix on “Holiness, Uncleaness, and Taboo,” pp. 446-54. See also Wellhausen, *Reste Arabischen Heidentums*, second edition, pp. 167-77. Even to the early Arabians, Wellhausen remarks (p. 168),

holy animals." Robertson Smith here made no reference to menstruation, but he exactly described the primitive attitude toward menstruation. Wellhausen, however, dealing with the early Arabians, expressly mentions that in pre-Islamic days, "clean" and "unclean" were used solely with reference to women in and out of the menstrual state. At a later date Frazer developed this aspect of the conception of taboo, and showed how it occurs among savage races generally. He pointed out that the conceptions of holiness and pollution not having yet been differentiated, women at childbirth and during menstruation are on the same level as divine kings, chiefs, and priests, and must observe the same rules of ceremonial purity. To seclude such persons from the rest of the world, so that the dreaded spiritual danger shall not spread, is the object of the taboo, which Frazer compares to "an electrical insulator to preserve the spiritual force with which these persons are charged from suffering or inflicting harm by contact with the outer world." After describing the phenomena (especially the prohibition to touch the ground or see the sun) found among various races, Frazer concludes: "The object of secluding women at menstruation is to neutralize the dangerous influences which are supposed to emanate from them at such times. The general effect of these rules is to keep the girl suspended, so to say, between heaven and earth. Whether enveloped in her hammock and slung up to the roof, as in South America, or elevated above the ground in a dark and narrow cage, as in New Zealand, she may be considered to be out of the way of doing mischief, since, being shut off both from the earth and from the sun, she can poison neither of these great sources of life by her deadly contagion. The precautions thus taken to isolate or insulate the girl are dictated by regard for her own safety as well as for the safety of others. . . . In short, the girl is viewed as charged with a powerful force which, if not kept within bounds, may prove the destruction both of the girl herself and of all with whom she comes in contact. To

"clean" meant "profane and allowed," while "unclean" meant "sacred and forbidden." It was the same, as Jastrow remarks (*Religion of Babylonia*, p. 662), among the Babylonian Semites.

repress this force within the limits necessary for the safety of all concerned is the object of the taboos in question. The same explanation applies to the observance of the same rules by divine kings and priests. The uncleanness, as it is called, of girls at puberty and the sanctity of holy men do not, to the primitive mind, differ from each other. They are only different manifestations of the same supernatural energy, which, like energy in general, is in itself neither good nor bad, but becomes beneficent or malignant according to its application.”¹

More recently this view of the matter has been further extended by the distinguished French sociologist, Durkheim. Investigating the origins of the prohibition of incest, and arguing that it proceeds from the custom of exogamy (or marriage outside the clan), and that this rests on certain ideas about blood, which, again, are traceable to totemism,—a theory which we need not here discuss,—Durkheim is brought face to face with the group of conceptions that now concern us. He insists on the extreme ambiguity found in primitive culture concerning the notion of the divine, and the close connection between aversion and veneration, and points out that it is not only at puberty and each recurrence of the menstrual epoch that women have aroused these emotions, but also at childbirth. “A sentiment of religious horror,” he continues, “which can reach such a degree of intensity, which can be called forth by so many circumstances, and reappears regularly every month to last for a week at least, cannot fail to extend its influence beyond the periods to which it was originally confined, and to affect the whole course of life. A being who must be secluded or avoided for weeks, months, or years preserves something of the characteristics to which the isolation was due, even outside those special periods. And, in fact, in these communities, the separation of the sexes is not merely intermittent; it has become chronic. The two elements of the population live separately.” Durkheim proceeds to argue that the origin of the occult powers attributed to the feminine organism is to be found in primitive ideas concerning blood. Not only menstrual blood but any kind of blood is the object of

¹ J. G. Frazer, *The Golden Bough*, Chapter IV.

such feelings among savage and barbarous peoples. All sorts of precautions must be observed with regard to blood; in it resides a divine principle, or as Romans, Jews, and Arabs believed, life itself. The prohibition to drink wine, the blood of the grape, found among some peoples, is traced to its resemblance to blood, and to its sacrificial employment (as among the ancient Arabians and still in the Christian sacrament) as a substitute for drinking blood. Throughout, blood is generally taboo, and it taboos everything that comes in contact with it. Now woman is chronically "the theatre of bloody manifestations," and therefore she tends to become chronically taboo for the other members of the community. "A more or less conscious anxiety, a certain religious fear, cannot fail to enter into all the relations of her companions with her, and that is why all such relations are reduced to a minimum. Relations of a sexual character are specially excluded. In the first place, such relations are so intimate that they are incompatible with the sort of repulsion which the sexes must experience for each other; the barrier between them does not permit of such a close union. In the second place, the organs of the body here specially concerned are precisely the source of the dreaded manifestations. Thus it is natural that the feelings of aversion inspired by women attain their greatest intensity at this point. Thus it is, also, that of all parts of the feminine organization it is this region which is most severely shut out from commerce." So that, while the primitive emotion is mainly one of veneration, and is allied to that experienced for kings and priests, there is an element of fear in such veneration, and what men fear is to some extent odious to them.¹

These conceptions necessarily mingled at a very early period with men's ideas of sexual intercourse with women and especially with menstruating women. Contact with women, as Crawley shows by abundant illustration, is dangerous. In any case, indeed, the same ideas being transferred to women also,

¹ E. Durkheim, "La Prohibition de l'Inceste et ses Origines," *L'Année Sociologique*, Première Année, 1898, esp. pp. 44, 46-47, 48, 50-57. Crawley (*Mystic Rose*, p. 212) opposes Durkheim's view as to the significance of blood in relation to the attitude towards women.

coitus produces weakness, and it prevents the acquisition of supernatural powers. Thus, among the western tribes of Canada, Boas states: "Only a youth who has never touched a woman, or a virgin, both being called *te'e'its*, can become shamans. After having had sexual intercourse men as well as women become *t'k-e'el*, i.e., weak, incapable of gaining supernatural powers. The faculty cannot be regained by subsequent fasting and abstinence."¹ The mysterious effects of sexual intercourse in general are intensified in the case of intercourse with a menstruating woman. Thus the ancient Indian legislator declares that "the wisdom, the energy, the strength, the sight, and the vitality of a man who approaches a woman covered with menstrual excretions utterly perish."² It will be seen that these ideas are impartially spread over the most widely separated parts of the globe. They equally affected the Christian Church, and the Penitentials ordained forty or fifty days penance for sexual intercourse during menstruation.

Yet the twofold influence of the menstruating woman remains clear when we review the whole group of influences which in this state she is supposed to exert. She by no means acts only by paralyzing social activities and destroying the powers of life, by causing flowers to fade, fruit to fall from the trees, grains to lose their germinative power, and grafts to die. She is not accurately summed up in the old lines:—

"Oh! menstruating woman, thou'rt a fiend

From whom all nature should be closely screened."

Her powers are also beneficial. A woman at this time, as Ælian expressed it, is in regular communication with the starry bodies. Even at other times a woman when led naked around the orchard protected it from caterpillars, said Pliny, and this belief is acted upon (according to Bastanzy) even in the Italy of to-day.³ A garment stained with a virgin's menstrual blood, it

¹ *British Association Report on North Western Tribes of Canada*, 1890, p. 581.

² *Laws of Manu*, iv, 41.

³ Pliny, who, in Book VII, Chapter XIII, and Book XXVIII, Chapter XXIII, of his *Natural History*, gives long lists of the various good and evil influences attributed to menstruation, writes in the latter

is said in Bavaria, is a certain safeguard against cuts and stabs. It will also extinguish fire. It was valuable as a love-philter; as a medicine its uses have been endless.¹ A sect of Valentinians even attributed sacramental virtues to menstrual blood, and partook of it as the blood of Christ. The Church soon, however, acquired a horror of menstruating women; they were frequently not allowed to take the sacrament or to enter sacred places, and it was sometimes thought best to prohibit the presence of women altogether.² The Anglo-Saxon Penitentials declared that menstruating women must not enter a church. It appears to have been Gregory II who overturned this doctrine.

In our own time the slow disintegration of primitive animistic conceptions, aided certainly by the degraded conception of sexual phenomena taught by mediæval monks—for whom woman was "*templum ædificatum super cloacam*"—has led to a disbelief in the more salutary influences of the menstruating woman. A fairly widespread faith in her pernicious influence alone survives. It may be traced even in practical and commercial—one might add, medical—quarters. In the great sugar-refineries in the North of France the regulations strictly forbid a woman to enter the factory while the sugar is boiling or cooling, the reason given being that, if a woman were to enter during her period, the sugar would blacken. For the same reason—to turn to the East—no woman is employed in the opium manufactory at Saigon, it being said that the opium would turn and

place: "Hailstorms, they say, whirlwinds, and lightnings, even, will be scared away by a woman uncovering her body while her monthly courses are upon her. The same, too, with all other kinds of tempestuous weather; and out at sea, a storm may be stilled by a woman uncovering her body merely, even though not menstruating at the time. At any other time, also, if a woman strips herself naked while she is menstruating, and walks round a field of wheat, the caterpillars, worms, beetles, and other vermin will fall from off the ears of corn."

¹ See Bourke, *Scatologic Rites of all Nations*, 1891, pp. 217-219, 250 and 254; Ploss and Max Bartels, *Das Weib*, vol. i; H. L. Strack, *Der Blutaberglaube in der Menschheit*, fourth edition, 1892, pp. 14-18. The last mentioned refers to the efficacy frequently attributed to menstrual blood in the Middle Ages in curing leprosy, and gives instances, occurring even in Germany to-day, of girls who have administered drops of menstrual blood in coffee to their sweethearts, to make sure of retaining their affections.

² See, e.g., Dufour, *Histoire de la Prostitution*, vol. iii. p. 115.

become bitter, while Annamite women say that it is very difficult for them to prepare opium-pipes during the catamenial period.¹ In India, again, when a native in charge of a limekiln which had gone wrong, declared that one of the women workers must be menstruating, all the women—Hindus, Mahometans, aboriginal Gonds, etc.,—showed by their energetic denials that they understood this superstition.²

In 1878 a member of the British Medical Association wrote to the *British Medical Journal*, asking whether it was true that if a woman cured hams while menstruating the hams would be spoiled. He had known this to happen twice. Another medical man wrote that if so, what would happen to the patients of menstruating lady doctors? A third wrote (in the *Journal* for April 27, 1878): "I thought the fact was so generally known to every housewife and cook that meat would spoil if salted at the menstrual period, that I am surprised to see so many letters on the subject in the *Journal*. If I am not mistaken, the question was mooted many years ago in the periodicals. It is undoubtedly the fact that meat will be tainted if cured by women at the catamenial period. Whatever the rationale may be, I can speak positively as to the fact."

It is probably the influence of these primitive ideas which has caused surgeons and gynecologists to dread operations during the catamenial period. Such, at all events, is the opinion of a distinguished authority, Dr. William Goodell, who wrote in 1891³: "I have learned to unlearn the teaching that women must not be subjected to a surgical operation during the monthly flux. Our forefathers, from time immemorial, have thought and taught that the presence of a menstruating woman would pollute solemn religious rites, would sour milk, spoil the fermentation in wine-vats, and much other mischief in a general way. Influenced

¹ Dr. L. Laurent gives these instances, "De Quelques Phénomènes Mécaniques produits au moment de la Menstruation," *Annales des Sciences Psychiques*, September and October, 1897.

² *Journal Anthropological Society of Bombay*, 1890, p. 403. Even the glance of a menstruating woman is widely believed to have serious results. See Tuchmann, "La Fascination," *Mélasine*, 1888, pp. 347 *et seq.*

³ As quoted in the *Provincial Medical Journal*, April, 1891.

by hoary tradition, modern physicians very generally postpone all operative treatment until the flow has ceased. But why this delay, if time is precious, and it enters as an important factor in the case? I have found menstruation to be the very best time to curette away fungous vegetations of the endometrium, for, being swollen then by the afflux of blood, they are larger than at any other time, and can the more readily be removed. There is, indeed, no surer way of checking or of stopping a metrorrhagia than by curetting the womb during the very flow. While I do not select this period for the removal of ovarian cysts, or for other abdominal work, such as the extirpation of the ovaries, or a kidney, or breaking up intestinal adhesions, etc., yet I have not hesitated to perform these operations at such a time, and have never had reason to regret the course. The only operations that I should dislike to perform during menstruation would be those involving the womb itself."

It must be added to this that we still have to take into consideration not merely the surviving influence of ancient primitive beliefs, but the possible existence of actual nervous conditions during the menstrual period, producing what may be described as an abnormal nervous tension. In this way, we are doubtless concerned with a tissue of phenomena, inextricably woven of folk-lore, autosuggestion, false observation, and real mental and nervous abnormality. Laurent (*loc. cit.*) has brought forward several cases which may illustrate this point. Thus, he speaks of two young girls of about 16 and 17, slightly neuropathic, but without definite hysterical symptoms, who, during the menstrual period, feel themselves in a sort of electrical state, "with tingling and prickling sensations and feelings of attraction or repulsion at the contact of various objects." These girls believe their garments stick to their skin during the periods; it was only with difficulty that they could remove their slippers, though fitting easily; stockings had to be drawn off violently by another person, and they had given up changing their chemises during the period because the linen became so glued to the skin. An orchestral performer on the double-bass informed Laurent that whenever he left a tuned double-bass in his lodgings during

his wife's period a string snapped; consequently he always removed his instrument at this time to a friend's house. He added that the same thing happened two years earlier with a mistress, a *café-concert* singer, who had, indeed, warned him beforehand. A harpist also informed Laurent that she had been obliged to give up her profession because during her periods several strings of her harp, always the same strings, broke, especially when she was playing. A friend of Laurent's, an official in Cochin China, also told him that the strings of his violin often snapped during the menstrual periods of his Annamite mistress, who informed him that Annamite women are familiar with the phenomenon, and are careful not to play on their instruments at this time. Two young ladies, both good violinists, also affirmed that ever since their first menstruation they had noted a tendency for the strings to snap at this period; one, a genuine artist, who often performed at charity concerts, systematically refused to play at these times, and was often embarrassed to find a pretext; the other, who admitted that she was nervous and irritable at such times, had given up playing on account of the trouble of changing the strings so frequently. Laurent also refers to the frequency with which women break things during the menstrual periods, and considers that this is not simply due to the awkwardness caused by nervous exhaustion or hysterical tremors, but that there is spontaneous breakage. Most usually it happens that a glass breaks when it is being dried with a cloth; needles also break with unusual facility at this time; clocks are stopped by merely placing the hand upon them.

I do not here attempt to estimate critically the validity of these alleged manifestations (some of which may certainly be explained by the unconscious muscular action which forms the basis of the phenomena of table-turning and thought-reading); such a task may best be undertaken through the minute study of isolated cases, and in this place I am merely concerned with the general influence of the menstrual state in affecting the social position of women, without reference to the analysis of the elements that go to make up that influence.

There is only one further point to which attention may be

called. I allude to the way in which the more favorable side of the primitive conception of the menstruating woman—as priestess, sibyl, prophetess, an almost miraculous agent for good, an angel, the peculiar home of the divine element—was slowly and continuously carried on side by side with the less favorable view, through the beginnings of European civilization until our own times. The actual physical phenomena of menstruation, with the ideas of taboo associated with that state, sank into the background as culture evolved; but, on the other hand, the ideas of the angelic position and spiritual mission of women, based on the primitive conception of the mystery associated with menstruation, still in some degree persisted.

It is evident, however, that, while, in one form or another, the more favorable aspect of the primitive view of women's magic function has never quite died out, the gradual decay and degradation of the primitive view has, on the whole, involved a lower estimate of women's nature and position. Woman has always been the witch; she was so even in ancient Babylonia; but she has ceased to be the priestess. The early Teutons saw "*sanctum aliquid et providum*" in women who, for the mediæval German preacher, were only "*bestiæ bipedales*"; and Schopenhauer and even Nietzsche have been more inclined to side with the preacher than with the half-naked philosophers of Tacitus's day. But both views alike are but the extremes of the same primitive conception; and the gradual evolution from one extreme of the magical doctrine to the other was inevitable.

In an advanced civilization, as we see, these ideas having their ultimate basis on the old story of the serpent, and on a special and mysterious connection between the menstruating woman and the occult forces of magic, tend to die out. The separation of the sexes they involve becomes unnecessary. Living in greater community with men, women are seen to possess something, it may well be, but less than before, of the angel-devil of early theories. Menstruation is no longer a monstific state requiring spiritual taboo, but a normal physiological process, not without its psychic influences on the woman herself and on those who live with her.

APPENDIX B.

SEXUAL PERIODICITY IN MEN.

By F. H. PERRY-COSTE, B.Sc. (LOND.)

IN a recent *brochure* on the "Rhythm of the Pulse"¹ I showed *inter alia* that the readings of the pulse, in both man and woman, if arranged in lunar monthly periods, and averaged over several years, displayed a clear, and sometimes very strongly marked and symmetrical, rhythm.² After pointing out that, in at any rate some cases, the male and female pulse-curves, both monthly and annual, seemed to be converse to one another, I added: "It is difficult to ignore the suggestion that in this tracing of the monthly rhythm of the pulse we have a history of the monthly function in women; and that, if so, the tracing of the male pulse may eventually afford us some help in discovering a corresponding monthly period in men: the existence of which has been suggested by Mr. Havelock Ellis and Professor Stanley Hall, among other writers. Certainly the mere fact that we can trace a clear monthly rhythm in man's pulse seems to point strongly to the existence of a monthly physiological period in him also."

Obviously, however, it is only indirectly and by inference that we can argue from a monthly rhythm of the pulse in men to a male sexual periodicity; but I am now able to adduce more direct evidence that will fairly demonstrate the existence of a sexual periodicity in men.

¹ First published in the *University Magazine and Free Review* of February, 1898, and since reprinted as a pamphlet. A preliminary communication appeared in *Nature*, May 14, 1891.

² Later study (1906) has convinced me that my attempt to find a lunar-monthly period in the female pulse was vitiated by a hopeless error: for any monthly rhythm in a woman must be sought by arranging her records according to her own menstrual month; and this menstrual month may vary in different women, from considerably less than a lunar month to thirty days or more.]

We will start from the fact that celibacy is profoundly unnatural, and is, therefore, a physical—as well as an emotional and intellectual—abnormality. This being so, it is entirely in accord with all that we know of physiology that, when relief to the sexual secretory system by Nature's means is denied, and when, in consequence, a certain degree of tension or pressure has been attained, the system should relieve itself by a spontaneous discharge—such discharge being, of course, in the strict sense of the term, pathological, since it would never occur in any animal that followed the strict law of its physical being without any regard to other and higher laws of concern for its fellows.

Notoriously, that which we should have anticipated *a priori* actually occurs; for any unmarried man, who lives in strict chastity, periodically experiences, while sleeping, a loss of seminal fluid—such phenomena being popularly referred to as *wet dreams*.¹

During some eight or ten years I have carefully recorded the occurrence of such discharges as I have experienced myself, and I have now accumulated sufficient data to justify an attempt to formulate some provisional conclusions.²

In order to render these observations as serviceable as may be to students of periodicity, I here repeat (at the request of Mr. Havelock Ellis) the statement which was subjoined, for the same reasons, to my "Rhythm of the Pulse." These observations upon myself were made between the ages of 20 and 33. I am about 5 feet, 9 inches tall, broad-shouldered, and weigh about 10 stone 3 lbs. *net*—this weight being, I believe, about 7 lbs. below the normal for my height. Also I have green-brown eyes, very dark-brown hair, and a complexion that leads strangers frequently to

¹ I may add, however, that in my own case these discharges are—so far as I can trust my waking consciousness—frequently, if not usually, dreamless; and that strictly sexual dreams are extremely rare, notwithstanding the possession of a strongly emotional temperament.

² If I can trust my memory, I first experienced this discharge when a few months under fifteen years of age, and, if so, within a few weeks of the time when I was, in an instant, suddenly struck with the thought that possibly the religion in which I had been educated might be false. It is curiously interesting that the advent of puberty should have been heralded by this intellectual crisis.

mistake me for a foreigner—this complexion being, perhaps, attributable to some Huguenot blood, although on the maternal side I am, so far as all information goes, pure English. I can stand a good deal of heat, enjoy relaxing climates, am at once upset by “bracing” sea-air, hate the cold, and sweat profusely after exercise. To this it will suffice to add that my temperament is of a decidedly nervous and emotional type.

Before proceeding to remark upon the various rhythms that I have discovered, I will tabulate the data on which my conclusions are founded. The numbers of discharges recorded in the years in question are as follows:—

In 1886,	30.	(Records commenced in April.)
In 1887,	40.	
In 1888,	37.	
In 1889,	18.	(Pretty certainly not fully recorded.)
In 1890,	0	(No records kept this year. ¹)
In 1891,	19.	(Records recommenced in June.)
In 1892,	35.	
In 1893,	40.	
In 1894,	38.	
In 1895,	36.	
In 1896,	36.	
In 1897,	35.	
Average,	37.	(Omitting 1886, 1889, and 1891.)

Thus I have complete records for eight years, and incomplete records for three more; and the remarkable concord between the respective annual numbers of observations in these eight years not only affords us intrinsic evidence of the accuracy of my records, but, also, at once proves that there is an undeniable regularity in the occurrence of these sexual discharges, and, therefore, gives us reason for expecting to find this regularity

¹ This unfortunate breach in the records was due to the fact that, failing to discover any regularity in, or law of, the occurrences of the discharges, I became discouraged and abandoned my records. In June, 1891, a re-examination of my pulse-records having led to my discovery of a lunar-monthly rhythm of the pulse, my interest in other physiological periodicities was reawakened, and I recommenced my records of these discharges.

rhythmical. Moreover, since it seemed reasonable to expect that there might be more than one rhythm, I have examined my data with a view to discovering (1) an annual, (2) a lunar-monthly, and (3) a weekly rhythm, and I now proceed to show that all three such rhythms exist.

THE ANNUAL RHYTHM.

It is obvious that, in searching for an annual rhythm, we must ignore the records of the three incomplete years; but those of the remaining eight are graphically depicted upon Chart 8. The curves speak so plainly for themselves that any comment were almost superfluous, and the concord between the various curves, although, of course, not perfect, is far greater than the scantiness of the data would have justified us in expecting. The curves all agree in pointing to the existence of three well-defined maxima,—viz., in March, June, and September,—these being, therefore, the months in which the sexual instinct is most active; and the later curves show that there is also often a fourth maximum in January. In the earlier years the March and June maxima are more strikingly marked than the September one; but the uppermost curve shows that on the average of all eight years the September maximum is the highest, the June and January maxima occupying the second place, and the March maximum being the least strongly marked of all.

Now, remembering that, in calculating the curves of the annual rhythm of the pulse, I had found it necessary to average two months' records together, in order to bring out the full significance of the rhythm, I thought it well to try the effect upon these curves also of similarly averaging two months together. At first my results were fairly satisfactory; but, as my data increased year by year, I found that these curves were contradicting one another, and therefore concluded that I had selected unnatural periods for my averaging. My first attempted remedy was to arrange the months in the pairs December-January, February-March, etc., instead of in January-February, March-April, etc.; but with these pairs I fared no better than with the former. I then arranged the months in the triplets,

January-February-March, etc.; and the results are graphically recorded on Chart 7. Here, again, comment would be quite futile, but I need only point out that, *on the whole*, the sexual activity rises steadily during the first nine months in the year to its maximum in September, and then sinks rapidly and abruptly during the next three to its minimum in December.

The study of these curves suggests two interesting questions, to neither of which, however, do the data afford us an answer.

In the first place, are the alterations, in my case, of the maximum of the discharges from March and June in the earlier years to September in the later, and the interpolation of a new secondary maximum in January, correlated with the increase in age; or is the discrepancy due simply to a temporary irregularity that would have been equally averaged out had I recorded the discharges of 1881-89 instead of those from 1887 to 1897?

The second question is one of very great importance—socially, ethically, and physically. How often, in this climate, should a man have sexual connection with his wife in order to maintain himself in perfect physiological equilibrium? My results enable us to state definitely the minimum limits, and to reply that 37 embraces annually would be too few; but, unfortunately, they give us no clue to the maximum limit. It is obvious that the necessary frequency should be greater than 37 times annually,—possibly very considerably in excess thereof,—seeing that the spontaneous discharges, with which we are dealing, are due to over-pressure, and occur only when the system, being denied natural relief, can no longer retain its secretions; and, therefore, it seems very reasonable to suggest that the frequency of natural relief should be some multiple of 37. I do not perceive, however, that the data in hand afford us any clue to this multiple, or enable us to suggest either 2, 3, 4, or 5 as the required multiple of 37. It is true that other observations upon myself have afforded me what I believe to be a fairly satisfactory and reliable answer so far as concerns myself; but these observations are of such a nature that they cannot be discussed here, and I have no inclination to offer as a counsel to others an opinion

which I am unable to justify by the citation of facts and statistics. Moreover, I am quite unable to opine whether, given 37 as the annual frequency of spontaneous discharges in a number of men, the multiple required for the frequency of natural relief should be the same in every case. For aught I know to the contrary, the physiological idiosyncrasies of men may be so varied that, given two men with an annual frequency of 37 spontaneous discharges, the desired multiple may be in one case X and in the other 2X.¹ Our data, however, do clearly denote that the frequency in the six or eight summer months should bear to the frequency of the six or four winter months the proportion of three or four to two.² It should never be forgotten, however, that, under all conditions, both man and wife should exercise prudence, both *selfward* and *otherward*, and that each should utterly refuse to gratify self by accepting a sacrifice, however willingly offered, that may be gravely prejudicial to the health of the other; for only experience can show whether, in any

¹ As a matter of fact, I take it that we may safely assert that no man who is content to be guided by his own instinctive cravings, and who neither suppresses these, on the one hand, nor endeavors to force himself, on the other hand, will be in any danger of erring by either excess or the contrary.

² It is obvious that the opportunity of continuing such an inquiry as that described in this Appendix, ceases with marriage; but I may add (1906) that certain notes that I have kept with scrupulous exactness during eight years of married life, lend almost no support to the suggestion made in the text—*i.e.*, that sexual desire is greater at one season of the year than at another. The nature of these notes I cannot discuss: but, they clearly indicate that, although there is a slight degree more of sexual desire in the second and third quarters of the year, than in the first and fourth, yet, this difference is so slight as to be almost negligible. Even if the months be rearranged in the triplets—November-December-January, etc.,—so as to bring the maximum months of May, June, and July together, the difference between the highest quarter and the lowest amounts to an increase of only ten per cent. upon the latter—after allowing, of course, for the abnormal shortness of February; and, neglecting February, the increase in the maximum months (June and July) over the minimum (November) is equal to an increase of under 14 per cent. upon the latter. These differences are so vastly less than those shown on Chart 7 that they possess almost no significance: but, lest too much stress be laid upon the apparently *equalizing* influence of married life, it must be added that the records discussed in the text were obtained during residence in London, whereas, since my marriage, I have lived in South Cornwall, where the climate is both milder and more equable.¹

union, the receptivity of the woman be greater or less than, or equal to, the *physical* desire of the man. To those, of course, who regard marriage from the old-fashioned and grossly immoral standpoint of Melancthon and other theologians, and who consider a wife as the divinely ordained vehicle for the chartered intemperance of her husband, it will seem grotesque in the highest degree that a physiological inquirer should attempt to advise them how often to seek the embraces of their wives; but those who regard woman from the standpoint of a higher ethics, who abhor the notion that she should be only the vehicle for her husband's passions, and who demand that she shall be mistress of her own body, will not be ungrateful for any guidance that physiology can afford them. It will be seen presently, moreover, that the study of the weekly rhythm does afford us some less inexact clue to the desired solution.

One curious fact may be mentioned before we quit this interesting question. It is stated that "Solon required [of the husband] three *payments* per month. By the Misna a daily debt was imposed upon an idle vigorous young husband; *twice a week* on a citizen; once in thirty days on a camel-driver; once in six months on a seaman."¹ Now it is certainly striking that Solon's "three payments per month" exactly correspond with my records of 37 discharges annually. Had Solon similarly recorded a series of observations upon himself?

THE LUNAR-MONTHLY RHYTHM.

We now come to that division of the inquiry which is of the greatest physiological interest, although of little social import. Is there a monthly period in man as well as in woman? My records indicate clearly that there is.

In searching for this monthly rhythm I have utilized not only the data of the eight completely-recorded years, but also those of the three years of 1886, 1889, and 1891, for, although it would obviously have been inaccurate to utilize these incom-

¹ Selden's *Uxor Hebraica* as quoted in Gibbon's *Decline and Fall*, vol. v, p. 52, of Bohn's edition.

plete records when calculating the yearly rhythm, there seems no objection to making use of them in the present section of the inquiry. It is hardly necessary to remark that the terms "first day of the month," "second day," "third day," etc., are to be understood as denoting "new-moon day," "day after new moon," "third lunar day," and so on; but it should be explained that, since these discharges occur at night, I have adopted the astronomical, instead of the civil, day; so that a new moon occurring between noon yesterday and noon to-day is reckoned as occurring yesterday, and yesterday is regarded as the first lunar day: thus, a discharge occurring in the night between December 31st and January 1st is tabulated as occurring on December 31st, and, in the present discussion, is assigned to the lunar day comprised between noon of December 31st and noon of January 1st.

Since it is obvious that the number of discharges in any one year—averaging, as they do, only 1.25 per day—are far too few to yield a curve of any value, I have combined my data in two series. The dotted curve on Chart 9 is obtained by combining the results of the years 1886-92: two of these years are incompletely recorded, and there are no records for 1890; the total number of observations was 179. The broken curve is obtained by combining those of the years 1893-97, the total number of observations being 185. Even so, the data are far too scanty to yield a really characteristic curve; but the *continuous* curve, which sums up the results of the eleven years, is more reliable, and obviously more satisfactory.

If the two former curves be compared, it will be seen that, on the whole, they display a general concordance, such differences as exist being attributable chiefly to two facts: (1) that the second curve is more even throughout, neither maximum nor minimum being so strongly marked as in the first; and (2) that the main maximum occurs in the middle of the month instead of on the second lunar day, and the absence of the marked initial maximum alters the character of the first week or so of this curve. It is, however, scarcely fair to lay any great stress on the characters of curves obtained from such scanty data, and

we will, therefore, pass to the continuous curve, the study of which will prove more valuable.¹

Now, even a cursory examination of this continuous curve will yield the following results:—

1. The discharges occur most frequently on the second lunar day.

2. The days of the next most frequent discharges are the 22d; the 13th; the 7th, 20th, and 26th; the 11th and 16th; so that, if we regard only the first six of these, we find that the discharges occur most frequently on the 2d, 7th, 13th, 20th, 22d, and 26th lunar days—*i.e.*, the discharges occur most frequently on days separated, on the average, by four-day intervals; but actually the period between the 20th and 22d days is that characterized by the most frequent discharges.

3. The days of minimum of discharge are the 1st, 5th, 15th, 18th, and 21st.

4. The curve is characterized by a continual see-sawing; so that every notable maximum is immediately followed by a notable minimum. Thus, the curve is of an entirely different character from that representing the monthly rhythm of the pulse,² and this is only what one might have expected; for, whereas the *mean* pulsations vary only very slightly from day to day,—thus giving rise to a gradually rising or sinking curve,—a discharge from the sexual system relieves the tension by exhausting the stored-up secretion, and is necessarily followed by some days of rest and inactivity. In the very nature of the case, therefore, a curve of this kind could not possibly be otherwise than most irregular if the discharges tended to occur most frequently upon definite days of the month; and thus the very irregularity of the curve affords us proof that there is a regular male periodicity, such that on certain days of the month there is greater probability of a spontaneous discharge than on any other days.

¹ I may add that the curve yielded by 1896-97 is remarkably parallel with that yielded by the preceding nine years, but I have not thought it worth while to chart these two additional curves.

² See "Rhythm of the Pulse." Chart 4.

5. Gratifying, however, though this irregularity of the curve may be, yet it entails a corresponding disadvantage, for we are precluded thereby from readily perceiving the characteristics of the monthly rhythm as a whole. I thought that perhaps this aspect of the rhythm might be rendered plainer if I calculated the data into two-day averages; and the result, as shown in Chart 10, is extremely satisfactory. Here we can at once perceive the wonderful and almost geometric symmetry of the monthly rhythm; indeed, if the third maximum were one unit higher, if the first minimum were one unit lower, and if the lines joining the second minimum and third maximum, and the fourth maximum and fourth minimum, were straight instead of being slightly broken, then the curve would, in its chief features, be geometrically symmetrical; and this symmetry appears to me to afford a convincing proof of the representative accuracy of the curve. We see that the month is divided into five periods; that the maxima occur on the following pairs of days: the 19th-20th, 13th-14th, 25th-26th, 1st-2d, 7th-8th; and that the minima occur at the beginning, end, and exact middle of the month. There have been many idle superstitions as to the influence of the moon upon the earth and its inhabitants, and some beliefs that—once deemed equally idle—have now been re-instated in the regard of science; but it would certainly seem to be a very fascinating and very curious fact if the influence of the moon upon men should be such as to regulate the spontaneous discharges of their sexual system. Certainly the lovers of all ages would then have “builded better than they knew,” when they reared altars of devotional verse to that chaste goddess Artemis.

THE WEEKLY RHYTHM.

We now come to the third branch of our inquiry, and have to ask whether there be any weekly rhythm of the sexual activity. *A priori* it might be answered that to expect any such weekly rhythm were absurd, seeing that our week—unlike the lunar month of the year—is a purely artificial and conventional period; while, on the other hand, it might be retorted that the existence of an *induced* weekly periodicity is quite conceivable, such perio-

dicity being induced by the habitual difference between our occupation, or mode of life, on one or two days of the week and that on the remaining days. In such an inquiry, however, a *priori* argument is futile, as the question can be answered only by an induction from observations, and the curves on Chart 11 (*A* and *B*) prove conclusively that there is a notable weekly rhythm. The existence of this weekly rhythm being granted, it would naturally be assumed that either the maximum or the minimum would regularly occur on Saturday or Sunday; but an examination of the curves discloses the unexpected result that the day of maximum discharge varies from year to year. Thus it is¹

Sunday in	1888, 1892, 1896.
Tuesday in	1894.
Thursday in	1886, 1897.
Friday in	1887.
Saturday in	1893 and 1895.

Since, in Chart 11, the curves are drawn from Sunday to Sunday, it is obvious that the real symmetry of the curve is brought out in those years only which are characterized by a Sunday maximum; and, accordingly, in Chart 12 I have depicted the curves in a more suitable form.

Chart 12 *A* is obtained by combining the data of 1888, 1892, and 1896: the years of a Sunday maximum. Curve 12 *B* represents the results of 1894, the year of a Tuesday maximum—multiplied throughout by three in order to render the curve strictly comparable with the former. Curve 12 *C* represents 1886 and 1897—the years of a Thursday maximum—similarly multiplied by 1.5. In Curve 12 *D* we have the results of 1887—the year of a Friday maximum—again multiplied by three; and in Curve 12 *E* those of 1893 and 1895—the years of a Saturday maximum—multiplied by 1.5. Finally, Curve 12 *F* represents the combined results of all nine years plus (the latter half of)

¹ As will be observed, I have omitted the results of the incompletely recorded years of 1889 and 1891. The apparent explanation of this curious oscillation will be given directly.

1891; and this curve shows that, on the whole period, there is a very strongly marked Sunday maximum.

I hardly think that these curves call for much comment. In their general character they display a notable concord among themselves; and it is significant that the most regular of the five curves are *A* and *E*, representing the combinations of three years and of two years, respectively, while the least regular is *B*, which is based upon the records of one year only. In every case we find that the maximum which opens the week is rapidly succeeded by a minimum, which is itself succeeded by a secondary maximum,—usually very secondary, although in 1894 it nearly equals the primary maximum,—followed again by a second minimum—usually nearly identical with the first minimum,—after which there is a rapid rise to the original maximum. The study of these curves fortunately amplifies the conclusion drawn from our study of the annual rhythm, and suggests that, in at least part of the year, the physiological condition of man requires sexual union at least twice a week.

As to Curve 12 *F*, its remarkable symmetry speaks for itself. The existence of two secondary maxima, however, has not the same significance as had that of our secondary maximum in the preceding curves; for one of these secondary maxima is due to the influence of the 1894 curve with its primary Tuesday maximum, and the other to the similar influence of Curve *C* with its primary Thursday maximum. Similarly, the veiled third secondary maximum is due to the influence of Curve *E*. Probably, any student of curves will concede that, on a still larger average, the two secondary maxima of Curve *F* would be replaced by a single one on Wednesday or Thursday.

One more question remains for consideration in connection with this weekly rhythm. Is it possible to trace any connection between the weekly and yearly rhythms of such a character that the weekly day of maximum discharge should vary from month to month in the year; in other words, does the greater frequency of a Sunday discharge characterize one part of the year, that of a Tuesday another, and so on? In order to answer this question I have re-calculated all my data, with results that are graphically

represented in Chart 13. These curves prove that the Sunday maxima discharges occur in March and September, and the minima in June; that the Monday maxima discharges occur in September, Friday in July, and so on. Thus, there is a regular rhythm, according to which the days of maximum discharge vary from one month of the year to another; and the existence of this final rhythm appears to me very remarkable. I would especially direct attention to the almost geometric symmetry of the Sunday curve, and to the only less complete symmetry of the Thursday and Friday curves. Certainly in these rhythms we have an ample field for farther study and speculation.

I have now concluded my study of this fascinating inquiry; a study that is necessarily incomplete, since it is based upon records furnished by one individual only. The fact, however, that even with so few observations, and notwithstanding the consequently exaggerated disturbing influence of minor irregularities, such remarkable and unexpected symmetry is evidenced by these curves, only increases one's desire to have the opportunity of handling a series of observations sufficiently numerous to render the generalizations induced from them absolutely conclusive. I would again appeal¹ to heads of colleges to assist this inquiry by enlisting in its aid a band of students. If only one hundred students, living under similar conditions, could be induced to keep such records with scrupulous regularity for only twelve months, the results induced from such a series of observations would be more than ten times as valuable as those which have only been reached after ten years' observations on my part; and, if other centuries of students in foreign and colonial colleges—*e.g.*, in Italy, India, Australia, and America—could be similarly enlisted in this work, we should quickly obtain a series of results exhibiting the sexual needs and sexual peculiarities of the male human animal in various climates. Obviously, however, the records of any such students would be worse than useless unless their care and accuracy, on the one hand, and their habitual chastity, on the other, could be implicitly guaranteed.

¹ See "Rhythm of the Pulse," p. 21.

APPENDIX C.

THE AUTO-EROTIC FACTOR IN RELIGION.

THE intimate association between the emotions of love and religion is well known to all those who are habitually brought into close contact with the phenomena of the religious life. Love and religion are the two most volcanic emotions to which the human organism is liable, and it is not surprising that, when there is a disturbance in one of these spheres, the vibrations should readily extend to the other. Nor is it surprising that the two emotions should have a dynamic relation to each other, and that the auto-erotic impulse, being the more primitive and fundamental of the two impulses, should be able to pass its unexpended energy over to the religious emotion, there to find the expansion hitherto denied it, the love of the human becoming the love of the divine.

"I was not good enough for man,
And so am given to God."

Even when there is absolute physical suppression on the sexual side, it seems probable that thereby a greater intensity of spiritual fervor is caused. Many eminent thinkers seem to have been without sexual desire.

It is a noteworthy and significant fact that the age of love is also the age of conversion. Starbuck, for instance, in his very elaborate study of the psychology of conversion shows that the majority of conversions take place during the period of adolescence; that is, from the age of puberty to about 24 or 25.¹

It would be easy to bring forward a long series of observations, from the most various points of view, to show the wide

¹ Starbuck, *The Psychology of Religion*, 1899. Also, A. H. Daniels, "The New Life," *American Journal of Psychology*, vol. vi, 1893. Cf. William James, *The Varieties of Religious Experience*.

recognition of this close affinity between the sexual and the religious emotions. It is probable, as Hahn points out, that the connection between sexual suppression and religious rites, which we may trace at the very beginning of culture, was due to an instinctive impulse to heighten rather than abolish the sexual element. Early religious rites were largely sexual and orgiastic because they were largely an appeal to the generative forces of Nature to exhibit a beneficial productiveness. Among happily married people, as Hahn remarks, the sexual emotions rapidly give place to the cares and anxieties involved in supporting children; but when the exercise of the sexual function is prevented by celibacy, or even by castration, the most complete form of celibacy, the sexual emotions may pass into the psychical sphere to take on a more pronounced shape.¹ The early Christians adopted the traditional Eastern association between religion and celibacy, and, as the writings of the Fathers amply show, they expended on sexual matters a concentrated fervor of thought rarely known to the Greek and Roman writers of the best period.² As Christian theology developed, the minute inquisition into sexual things sometimes became almost an obsession. So far as I am aware, however (I cannot profess to have made any special investigation), it was not until the late Middle Ages that there is any clear recognition of the fact that, between the religious emotions and the sexual emotions, there is not only a superficial antagonism, but an underlying relationship. At this time so great a theologian and philosopher as Aquinas said that it is especially on the days when a man is seeking to make himself pleasing to God that the Devil troubles him by polluting him with seminal emissions. With somewhat more psychological insight, the wise old Knight of the Tower, Landry, in the fourteenth century, tells his daughters that "no young woman, in

¹ Ed. Hahn, *Demeter und Baubo*, 1896, pp. 50-51. Hahn is arguing for the religious origin of the plough, as a generative implement, drawn by a sacred and castrated animal, the ox. G. Herman, in his *Genesis*, develops the idea that modern religious rites have arisen out of sexual feasts and mysteries.

² Bloch (*Beiträge zur Ätiologie der Psychopathia Sexualis*, Bd. I, p. 98) points out the great interest taken by the saints and ascetics in sex matters.

love, can ever serve her God with that unfeignedness which she did aforetime. For I have heard it argued by many who, in their young days, had been in love that, when they were in the church, the condition and the pleasing melancholy in which they found themselves would infallibly set them brooding over all their tender love-sick longings and all their amorous passages, when they should have been attending to the service which was going on at the time. And such is the property of this mystery of love that it is ever at the moment when the priest is holding our Saviour upon the altar that the most enticing emotions come." After narrating the history of two queens beyond the seas who indulged in amours even on Holy Thursday and Good Friday, at midnight in their oratories, when the lights were put out, he concludes: "Every woman in love is more liable to fall in church or at her devotion than at any other time."

The connection between religious emotion and sexual emotion was very clearly set forth by Swift about the end of the seventeenth century, in a passage which it may be worth while to quote from his "Discourse Concerning the Mechanical Operation of the Spirit." After mentioning that he was informed by a very eminent physician that when the Quakers first appeared he was seldom without female Quaker patients affected with nymphomania, Swift continues: "Persons of a visionary devotion, either men or women, are, in their complexion, of all others the most amorous. For zeal is frequently kindled from the same spark with other fires, and from inflaming brotherly love will proceed to raise that of a gallant. If we inspect into the usual process of modern courtship, we shall find it to consist in a devout turn of the eyes, called *ogling*; an artificial form of canting and whining, by rôle, every interval, for want of other matter, made up with a shrug, or a hum; a sigh or a groan; the style compact of insignificant words, incoherences, and repetitions. These I take to be the most accomplished rules of address to a mistress; and where are these performed with more dexterity than by the *'aunts*? Nay, to bring this argument yet closer, I have been informed by certain sanguine brethren of the first class, that in the height and *orgasmus* of their spiritual exercise, it has been

frequent with them¹ . . . ; immediately after which, they found the *spirit* to relax and flag of a sudden with the nerves, and they were forced to hasten to a conclusion. This may be farther strengthened by observing with wonder how unaccountably all females are attracted by visionary or enthusiastic preachers, though never so contemptible in their *outward mien*; which is usually supposed to be done upon considerations purely spiritual, without any carnal regards at all. But I have reason to think, the sex hath certain characteristics, by which they form a truer judgment of human abilities and performings than we ourselves can possibly do of each other. Let that be as it will, thus much is certain, that however spiritual intrigues begin, they generally conclude like all others; they may branch upwards toward heaven, but the root is in the earth. Too intense a contemplation is not the business of flesh and blood; it must, by the necessary course of things, in a little time let go its hold, and fall into *matter*. Lovers for the sake of celestial converse, are but another sort of Platonics, who pretend to see stars and heaven in ladies' eyes, and to look or think no lower; but the same *pit* is provided for both.²

To come down to recent times, in the last century the headmaster of Clifton College, when discussing the sexual vices of boyhood, remarked that the boys whose temperament exposes them to these faults are usually far from destitute of religious feelings; that there is, and always has been, an undoubted co-existence of religion and animalism; that emotional appeals and revivals are far from rooting out carnal sin; and that in some places, as is well known, they seem actually to stimulate, even at the present day, to increased licentiousness.²

¹ This omission was made by the original publisher of the "Discourse;" several of the most important passages throughout have been similarly cut out.

² Rev. J. M. Wilson, *Journal of Education*, 1881. At about the same period (1882) Spurgeon pointed out in one of his sermons that by a strange, yet natural law, excess of spirituality is next door to sensuality. Theodore Schroeder has recently brought together a number of opinions of religious teachers, from Henry More the Platonist to Baring Gould, concerning the close relationship between sexual passion and religious passion, *American Journal of Religious Psychology*, 1908.

It is not difficult to see how, even in technique, the method of the revivalist is a quasi-sexual method, and resembles the attempt of the male to overcome the sexual shyness of the female. "In each case," as W. Thomas remarks, "the will has to be set aside, and strong suggestive means are used; and in both cases the appeal is not of the conflict type, but of an intimate, sympathetic and pleading kind. In the effort to make a moral adjustment it consequently turns out that a technique is used which was derived originally from sexual life, and the use, so to speak, of the sexual machinery for a moral adjustment involves, in some cases, the carrying over into the general process of some sexual manifestations."¹

The relationship of the sexual and the religious emotions—like so many other of the essential characters of human nature—is seen in its nakedest shape by the alienist. Esquirol referred to this relationship, and, many years ago, J. B. Friedreich, a German alienist of wide outlook and considerable insight, emphasized the connection between the sexual and the religious emotions, and brought forward illustrative cases.² Schröder Van der Kolk also remarked: "I venture to express my conviction that we should rarely err if, in a case of religious melancholy, we assumed the sexual apparatus to be implicated."³ Régis, in France, lays it down that "there exists a close connection between mystic ideas and erotic ideas, and most often these two orders of conception are associated in insanity."⁴ Berthier considered that erotic forms of insanity are those most frequently found in convents. Bevan-Lewis points out how frequently religious exaltation occurs at puberty in women, and religious depression at the climacteric, the period of sexual decline.⁵ "Religion is very closely allied to love," remarks Savage, "and the

¹ W. Thomas, "The Sexual Element in Sensibility," *Psychological Review*, Jan., 1904.

² *System der gerichtlichen Psychologie*, second edition, 1842, pp. 266-68; and more at length in his *Allgemeine Diagnostik der psychischen Krankheiten*, second edition, 1832, pp. 247-51.

³ *Handboek van de Pathologie en Therapie der Kanksinnigheid*, 1863, p. 139 of English edition.

⁴ *Manuel pratique de Médecine mentale*, 1892, p. 31.

⁵ *Text-book of Mental Diseases*, p. 393.

love of woman and the worship of God are constantly sources of trouble in unstable youth; it is very interesting to note the frequency with which these two deep feelings are associated."¹ "Closely connected with salacity, particularly in women," remarks Conolly Norman, when discussing mania (Tuke's *Dictionary of Psychological Medicine*), "is religious excitement. . . . Ecstasy, as we see in cases of acute mental disease, is probably always connected with sexual excitement, if not with sexual depravity. The same association is constantly seen in less extreme cases, and one of the commonest features in the conversation of an acutely maniacal woman is the intermingling of erotic and religious ideas." "Patients who believe," remarks Clara Barrus, "that they are the Virgin Mary, the bride of Christ, the Church, 'God's wife,' and 'Raphael's consort,' are sure, sooner or later, to disclose symptoms which show that they are some way or other sexually depraved."² Forel, who devotes a chapter of his book *Die Sexuelle Frage*, to the subject, argues that the strongest feelings of religious emotion are often unconsciously rooted in erotic emotion or represent a transformation of such emotion; and, in an interesting discussion (Ch. VI) of this question in his *Sexualleben unserer Zeit*, Bloch states that "in a certain sense we may describe the history of religions as the history of a special manifestation of the human sexual instinct." Ball, Brouardel, Morselli, Vallon and Marie,³ C. H. Hughes,⁴ to mention but a few names among many, have emphasized the same point.⁵ Krafft-Ebing deals briefly with the connection between holiness and the sexual emotion, and the special liability of the saints to sexual temptations; he thus states his own conclusions: "Religious and sexual emotional states at the height of their development exhibit a harmony in quantity and quality of excitement, and can thus in certain circumstances act vicariously.

¹ G. H. Savage, *Insanity*, 1886.

² *American Journal of Insanity*, April, 1895.

³ "Des Psychoses Religieuses," *Archives de Neurologie*, 1897.

⁴ "Erotopathia," *Alienist and Neurologist*, October, 1893.

⁵ Reference may be specially made to the interesting chapter on "Délire Religieux" in Icard's *La Femme pendant la Période Menstruelle*, pp. 211-234.

Both," he adds, "can be converted into cruelty under pathological conditions."¹

After quoting these opinions it is, perhaps, not unnecessary to point out that, while sexual emotion constitutes the main reservoir of energy on which religion can draw, it is far from constituting either the whole content of religion or its root. Murisier, in an able study of the psychology of religious ecstasy, justly protests against too crude an explanation of its nature, though at the same time he admits that "the passion of the religious ecstatic lacks nothing of what goes to make up sexual love, not even jealousy."²

Sérieux, in his little work, *Recherches Cliniques sur les Anomalies de l'Instinct Sexuel*, valuable on account of its instructive cases, records in detail a case which so admirably illustrates this phase of auto-erotism on the borderland between ordinary erotic day-dreaming and religious mysticism, the phenomena for a time reaching an insane degree of intensity, that I summarize it. "Thérèse M., aged 24, shows physical stigmata of degeneration. The heredity is also bad; the father is a man of reckless and irregular conduct; the mother was at one time in a lunatic asylum. The patient was brought up in an orphanage, and was a troublesome, volatile child; she treated household occupations with contempt, but was fond of study. Even at an early age her lively imagination attracted attention, and the pleasure which she took in building castles in the air. From the age of seven to ten she masturbated. At her first communion she felt that Jesus would for ever be the one master of her heart. At thirteen, after the death of her mother, she seemed to see her, and to hear her say that she was watching over her child. Shortly

¹ *Psychopathia Sexualis*, eighth edition, pp. 8 and 11. Gannouchkine ("La Volupté, la Cruauté et la Religion," *Annales Médico-Psychologiques*, 1901, No. 3) has further emphasized this convertibility.

² E. Murisier, "Le Sentiment Religieux dans l'Extase," *Revue Philosophique*, November, 1893. Starbuck, again (*Psychology of Religion*, Chapter XXX), in a brief discussion of this point, concludes that "the sexual life, although it has left its impress on fully developed religion, seems to have originally given the psychic impulse which called out the latent possibilities of developments, rather than to have furnished the raw material out of which religion was constructed."

afterward she was overwhelmed by a new grief, the death of a teacher for whom she cherished great affection on account of her pure character. On the following day she seemed to see and hear this teacher, and would not leave the house where the body lay. Tendencies to melancholy appeared. Saddened by the funeral ceremonies, exhorted by nuns, fed on mystic revery, she passed from the orphanage to a convent. She devoted herself solely to the worship of Jesus; to be like Jesus, to be near Jesus, became her constant pre-occupations. The Virgin's name was rarely seen in her writings, God's name never. 'I wanted,' she said, 'to love Jesus more than any of the nuns I saw, and I even thought that he had a partiality for me.' She was also haunted by the idea of preserving her purity. She avoided frivolous conversation, and left the room when marriage was discussed, such a union being incompatible with a pure life; 'it was my fixed idea for two years to make my soul ever more pure in order to be agreeable to Him; the Beloved is well pleased among the lilies.'

"Already, however, in a rudimentary form appeared contrary tendencies [strictly speaking they were not contrary, but related, tendencies]. Beneath the mystic passion which concealed it sexual desire was sometimes felt. At sixteen she experienced emotions which she could not master, when thinking of a priest who, she said, loved her. In spite of all remorse she would have been willing to have relations with him. Notwithstanding these passing weaknesses, the idea of purity always possessed her. The nuns, however, were concerned about her exaltation. She was sent away from the convent, became discouraged, and took a place as a servant, but her fervor continued. Her confessor inspired her with great affection; she sends him tender letters. She would be willing to have relations with him, even though she considers the desire a temptation of the devil. The ground was now prepared for the manifestation of hallucinations. 'One evening in May,' she writes, 'after being absorbed in thoughts of my confessor, and feeling discouraged, as I thought that Jesus, whom I loved so much, would have nothing to do with me, "Mother," I cried out, "what must I do to win your son?" My eyes were fixed on the sky, and I remained in

a state of mad expectation. It was absurd. I to become the mother of the World! My heart went on repeating: "Yes, he is coming; Jesus is coming!" The psychic erethism, reverberating on the sensorial and sensory centres, led to genital, auditory, and visual hallucinations, which produced the sensation of sexual connection. 'For the first time I went to bed and was not alone. As soon as I felt that touch, I heard the words: "Fear not, it is I." I was lost in Him whom I loved. For many days I was cradled in a world of pleasure; I saw Him everywhere, overwhelming me with His chaste caresses.' On the following day at mass she seemed to see Calvary before her. 'Jesus was naked and surrounded by a thousand voluptuous imaginations; His arms were loosened from the cross, and he said to me: "Come!" I longed to fly to Him with my body, but could not make up my mind to show myself naked. However, I was carried away by a force I could not control, I threw myself on my Saviour's neck, and felt that all was over between the world and me.' From that day, 'by sheer reasoning,' she has understood everything. Previously she thought that the religious life was a renunciation of the joys of marriage and enjoyment generally; now she understands its object. Jesus Christ desires that she should have relations with a priest; he is himself incarnated in priests; just as St. Joseph was the guardian of the Virgin, so are priests the guardians of nuns. She has been impregnated by Jesus, and this imaginary pregnancy pre-occupies her in the highest degree. From this time she masturbated daily. She cannot even go to communion without experiencing voluptuous sensations. Her delusions having thus become systematized, nothing shakes her tenacity in seeking to carry them out; she attempts at all costs to have relations with her confessor, embraces him, throws herself at his knees, pursues him, and so becomes a cause of scandal. When brought to the asylum, there is intense sexual excitement, and she masturbates a dozen times a day, even when talking to the doctor. The sexual organs are normal, the vulva moist and red, the vagina is painful to touch; the contact of the finger causes erectile turgescence. She has had no rest, she says, since she has

learned to love her Jesus. He desires her to have sexual relations with someone, and she cannot succeed; 'all my soul's strength is arrested by this constant endeavor.' Her new surroundings modify her behavior, and now it is the doctor whom she pursues with her obsessions. 'I expected everything from the charity of the priests I have known; I have not deserved what I wanted from them. But is not a doctor free to do everything for the good of the patients intrusted to him by Providence? Cannot a doctor thus devote himself? Since I have tasted the tree of life I am tormented by the desire to share it with a loving friend.' Then she falls in love with an employee, and makes the crudest advances to him, believing that she is thus executing the will of Jesus. 'Necessity makes laws,' she exclaims to him, 'the moments are pressing, I have been waiting too long.' She still speaks of her religious vocation which might be compromised by so long a delay. 'I do not want to get married.' Gradually a transformation took place; the love of God was effaced and earthly love became more intense than ever. 'Quitting the heights in which I wished to soar, I am coming so near to earth that I shall soon fix my desires there.' In a last letter Thérèse recognizes with terror the insanity to which the exaltation of her imagination had led her. 'Now I only believe in God and in suffering; I feel that it is necessary for me to get married.' "

Mariani¹ has very fully described a case of erotico-religious insanity (climacteric paranoia on an hysterical basis) in a married woman of 44. During the early stages of her disorder she inflicted all sorts of penances upon herself (fasting, constant prayer, drinking her own urine, cleaning dirty plates with her tongue, etc.). Finally she felt that by her penances she had obtained forgiveness of her sins, and then began a stage of joy and satisfaction during which she believed that she had entered into a state of the most intimate personal relationship with Jesus. She finally recovered. Mariani shows how closely this history corresponds with the histories of the saints, and that all the acts

¹ "Una Santa," *Archivio di Psichiatria*, vol. xix, pp. 438-47, 1898.

and emotions of this woman can be exactly paralleled in the lives of famous saints.¹

The justice of these comparisons becomes manifest when we turn to the records that have been left by holy persons. A most instructive record from this point of view is the autobiography of Sœur Jeanne des Anges, superior of the Ursulines of Loudun in the seventeenth century.² She was clever, beautiful, ambitious, fond of pleasure, still more of power. With this, as sometimes happens, she was highly hysterical, and in the early years of her religious life was possessed by various demons of unchastity and blasphemy with whom for many years she was in constant struggle. She fell in love with a priest of Loudun, Grandier, a man whom she had never even seen, only knowing of him as a powerful and fascinating personality at whose feet all women fell, and she imagined that she and the other nuns of her convent were possessed through his influence. She was thus the cause of the trial and execution of Grandier, a famous case in the annals of witchcraft. In her autobiography Sœur Jeanne describes in detail how the demons assailed her at night, appearing in lascivious attitudes, making indecent proposals, raising the bed-clothes, touching all parts of her body, imploring her to yield to them, and she tells how strong her temptation was to yield. On one night, for instance, she writes: "I seemed to feel someone's breath, and I heard a voice saying: 'The time for resistance has gone by, you must no longer rebel; by putting off your consent to what has been proposed you will be injured; you cannot persist in this resistance; God has subjected you to the demands of a nature which you must satisfy on occasions so urgent.' Then I felt impure impressions in my imagination and disordered movements in my body. I persisted in saying at the bottom of my heart that I would do nothing. I turned to God and asked Him for strength in this extraordinary struggle. Then there was a loud noise in my room, and I felt as if someone had

¹ With regard to the sexual element in the worship of the Virgin, see "Ueber den Mariencultus," L. Feuerbach's *Sammtliche Werke*, Bd. I, 1846.

² Published for the first time (with a Preface by Charcot) in a volume of the *Bibliothèque Diabolique*, 1886.

approached me and put his hand into my bed and touched me; and having perceived this I rose, in a state of restlessness, which lasted for a long time afterward. Some days later, at midnight, I began to tremble all over my body as I lay in bed, and to experience much mental anxiety without knowing the cause. After this had lasted for some time I heard noises in various parts of my room; the sheet was twice pulled without entirely uncovering me; the oratory close to my bed was upset. I heard a voice on the left side, toward which I was lying. I was asked if I had thought over the advantageous offer that had been made to me. It was added: 'I have come to know your reply; I will keep my promise if you will give your consent; if, on the contrary, you refuse, you will be the most miserable girl in the world, and all sorts of mischances will happen to you.' I replied: 'If there were no God I would fear those threats; I am consecrated to Him.' It was replied to me: 'You will not get much help from God; He will abandon you.' I replied: 'God is my father; He will take care of me; I have resolved to be faithful to Him.' He said: 'I will give you three days to think over it.' I rose and went to the Holy Sacrament with an anxious mind. Having returned to my room, and being seated on a chair, it was drawn from under me so that I fell on the floor. Then the same things happened again. I heard a man's voice saying lascivious and pleasant things to seduce me; he pressed me to give him room in my bed; he tried to touch me in an indecent way; I resisted and prevented him, calling the nuns who were near my room; the window had been open, it was closed; I felt strong movements of love for a certain person, and improper desire for dishonorable things."

She writes again, at a later period: "These impurities and the fire of concupiscence which the evil spirit caused me to feel, beyond all that I can say, forced me to throw myself on to braziers of hot coal, where I would remain for half an hour at a time, in order to extinguish that other fire, so that half my body was quite burnt. At other times, in the depth of winter, I have sometimes passed part of the night entirely naked in the snow, or in tubs of icy water. I have besides often gone among thorns so that I

have been torn by them; at other times I have rolled in nettles, and I have passed whole nights defying my enemies to attack me, and assuring them that I was resolved to defend myself with the grace of God." With her confessor's permission, she also had an iron girdle made, with spikes, and wore this day and night for nearly six months until the spikes so entered her flesh that the girdle could only be removed with difficulty. By means of these austerities she succeeded in almost exorcising the demons of unchastity, and a little later, after a severe illness, of which she believed that she was miraculously cured by St. Joseph, she appeared before the world almost as a saint, herself possessing a miraculous power of healing; she traveled through France, bringing healing wherever she went; the king, the queen, and Cardinal Richelieu were at her feet, and so great became the fame of her holiness that her tomb was a shrine for pilgrims for more than a century after her death. It was not until late in life, and after her autobiography terminates, that sexual desire in Sœur Jeanne (though its sting seems never to have quite disappeared) became transformed into passionate love of Jesus, and it is only in her later letters that we catch glimpses of the complete transmutation. Thus, in one of her later letters we read: "I cried with ardor, 'Lord! join me to Thyself, transform Thyself into me!' It seemed to me that that lovable Spouse was reposing in my heart as on His throne. What makes me almost swoon with love and admiration is a certain pleasure which it seems to me that He takes when all my being flows into His, restoring to Him with respect and love all that He has given to me. Sometimes I have permission to speak to our Lord with more familiarity, calling Him my Love, interesting Him in all that I ask of Him, as well for myself as for others."

The lives of all the great saints and mystics bear witness to operations similar to those so vividly described by Sœur Jeanne des Anges, though it is very rarely that any saint has so frankly presented the dynamic mechanism of the auto-erotic process. The indications they give us, however, are sufficiently clear. It is enough to refer to the special affection which the

mystics have ever borne toward the Song of Songs,¹ and to note how the most earthly expressions of love in that poem enter as a perpetual refrain into their writings.²

The courage of the early Christian martyrs, it is abundantly evident, was in part supported by an exaltation which they frankly drew from the sexual impulse. Felicula, we are told in the acts of Achilles and Nereus,³ preferred imprisonment, torture, and death to marriage or pagan sacrifices. When on the rack she was bidden to deny Christianity, she exclaimed: "*Ego non nego amatorem meum!*"—I will not deny my lover who for my sake has eaten gall and drunk vinegar, crowned with thorns, and fastened to the cross.

Christian mysticism and its sexual coloring was absorbed by the Islamic world at a very early period and intensified. In the thirteenth century it was reintroduced into Christendom in this intensified form by the genius of Raymond Lull who had himself been born on the confines of Islam, and his "Book of the Lover and the Friend" is a typical manifestation of sexual mysticism which inspired the great Spanish school of mystics a few centuries later. The "delicious agony," the "sweet martyrdom," the strongly combined pleasure and pain experienced by St. Theresa were certainly associated with physical sexual sensations.⁴

The case of Marguerite-Marie Alacoque is typical. Jesus, as her autobiography shows, was always her lover, her husband,

¹ The Hebrews, themselves, used the same word for the love of woman and for the Divine love (Northcote, *Christianity and Sex Problems*, p. 140).

² Thus, in St. Theresa's *Conceptos del Amor de Dios*, the words "*Beseme con el beso de su boca*"—Let him kiss me with the kisses of his mouth—constantly recur.

³ *Acta Sanctorum*, May 12th.

⁴ Leuba and Montmorand, in their valuable and detailed studies of Christian mysticism, though differing from each other in some points, are agreed on this; H. Leuba, "Les Tendances Religieuses chez les Mystiques Chrétiens," *Revue Philosophique*, July and Nov., 1902; B. de Montmorand, "L'Erotomanie des Mystiques Chrétiens," *id.*, Oct., 1903. Montmorand points out that physical sexual manifestations were sometimes recognized and frankly accepted by mystics. He quotes from Molinos, a passage in which the famous Spanish quietist states that there is no reason to be disquieted even at the occurrence of pollutions or masturbation, *et etiam pejora*.

her dear master; she is betrothed to Him, He is the most passionate of lovers, nothing can be sweeter than His caresses, they are so excessive she is beside herself with the delight of them. The central imagination of the mystic consists essentially, as Ribot remarks, in a love romance.¹

If we turn to the most popular devotional work that was ever written, *The Imitation of Christ*, we shall find that the "love" there expressed is precisely and exactly the love that finds its motive power in the emotions aroused by a person of the other sex. (A very intellectual woman once remarked to me that the book seemed to her "a sort of religious aphrodisiac.") If we read, for instance, Book III, Chapter V, of this work ("De Mirabili affectu Divini amoris"), we shall find in the eloquence of this solitary monk in the Low Countries neither more nor less than the emotions of every human lover at their highest limit of exaltation. "Nothing is sweeter than love, nothing stronger, nothing higher, nothing broader, nothing pleasanter, nothing fuller nor better in heaven or in earth. He who loves, flies, runs, and rejoices; he is free and cannot be held. He gives all in exchange for all, and possesses all in all. He looks not at gifts, but turns to the giver above all good things. Love knows no measure, but is fervent beyond all measure. Love feels no burden, thinks nothing of labor, strives beyond its force, reckons not of impossibility, for it judges that all things are possible. Therefore it attempts all things, and therefore it effects much when he who is not a lover fails and falls. . . . My Love! thou all mine, and I all thine."

There is a certain natural disinclination in many quarters to recognize any special connection between the sexual emotions and the religious emotions. But this attitude is not reasonable. A man who is swayed by religious emotions cannot be held responsible for the indirect emotional results of his condition; he can be held responsible for their control. Nothing is gained by refusing to face the possibility that such control may be necessary, and much is lost. There is certainly, as I have tried to

¹ Ribot, *La Logique des Sentiments*, p. 174.

indicate, good reason to think that the action and interaction between the spheres of sexual and religious emotion are very intimate. The obscure promptings of the organism at puberty frequently assume on the psychic side a wholly religious character; the activity of the religious emotions sometimes tends to pass over into the sexual region; the suppression of the sexual emotions often furnishes a powerful reservoir of energy to the religious emotions; occasionally the suppressed sexual emotions break through all obstacles.

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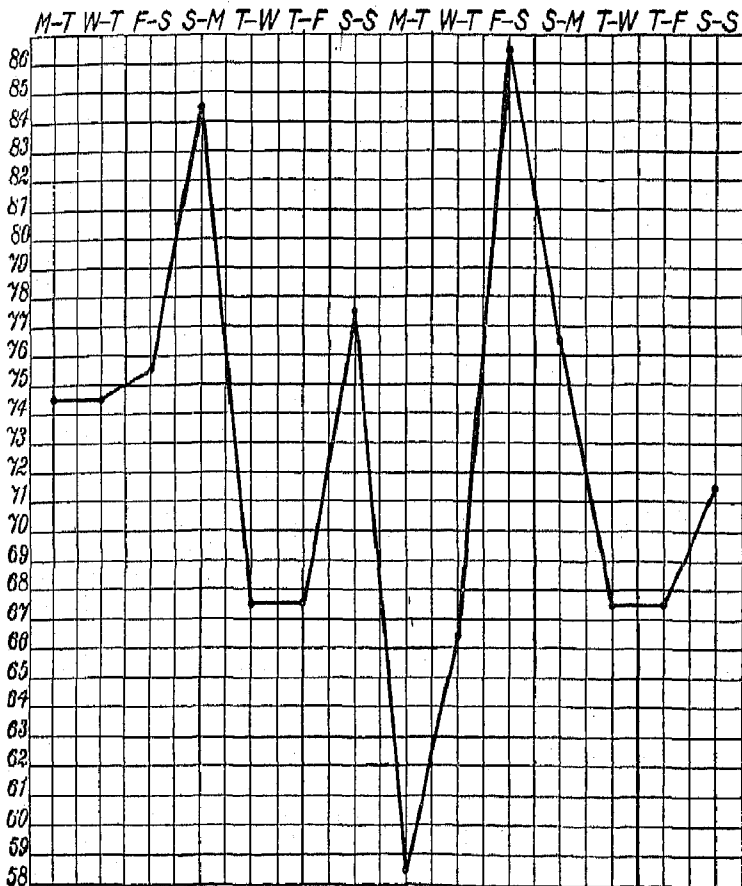


CHART I.—The Monthly Ecboic Curve.

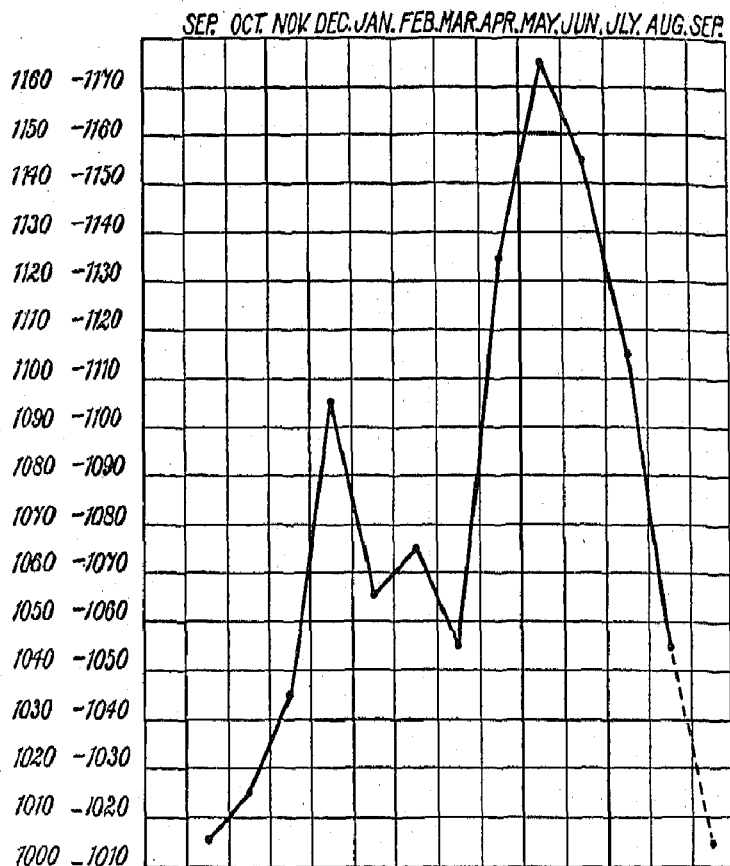


CHART II.—The Annual Curve of the Conception-rate in Europe.

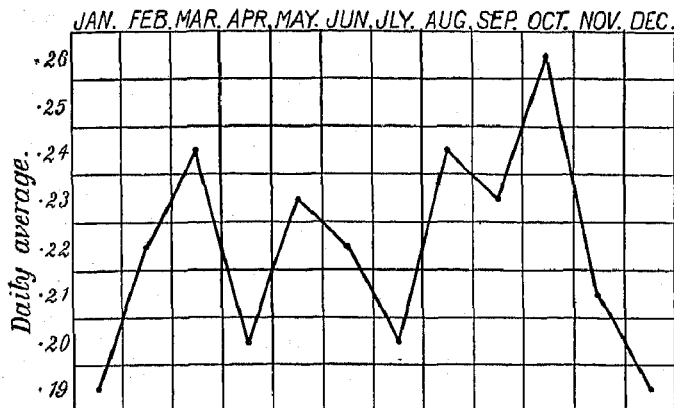


CHART III.—The Annual Ecboic Curve.

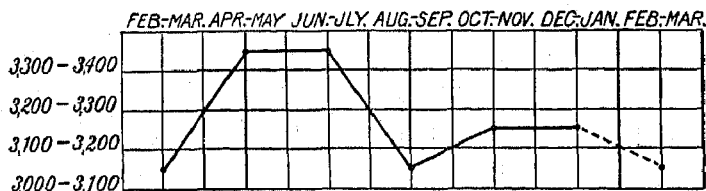


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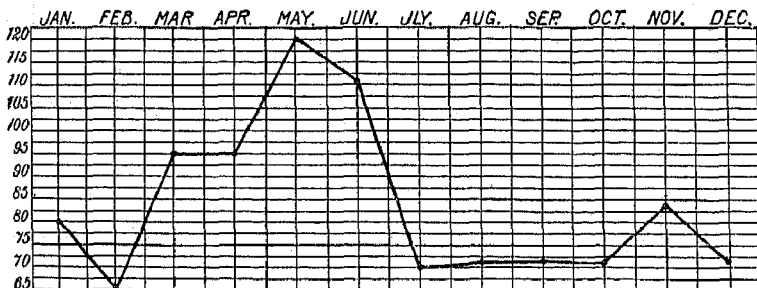


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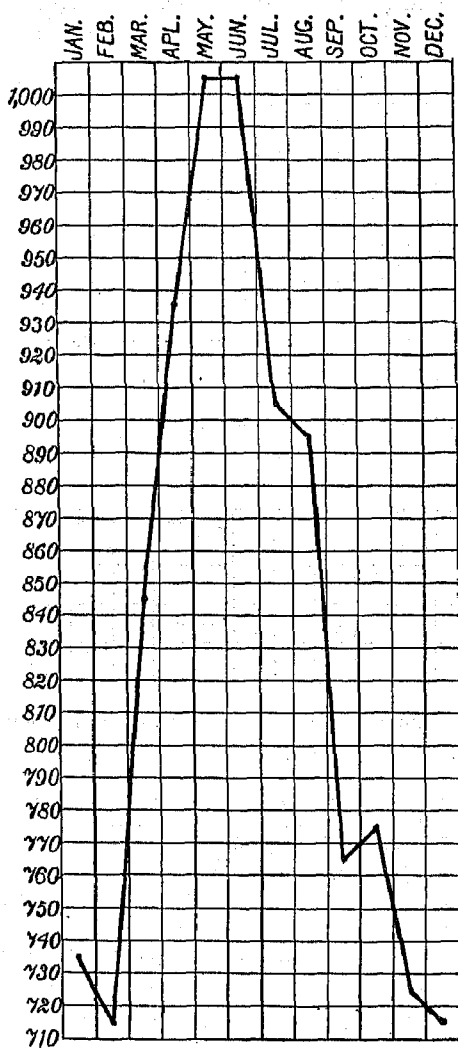


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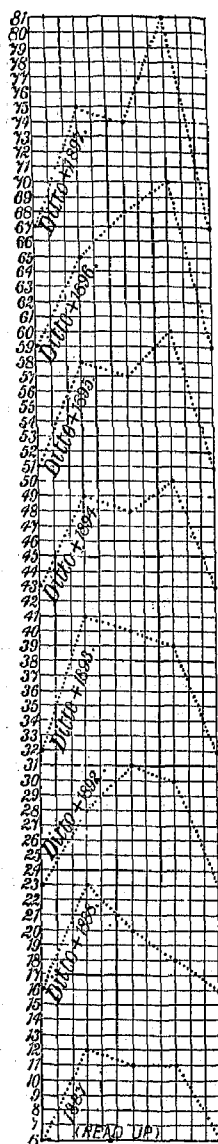


CHART VII.

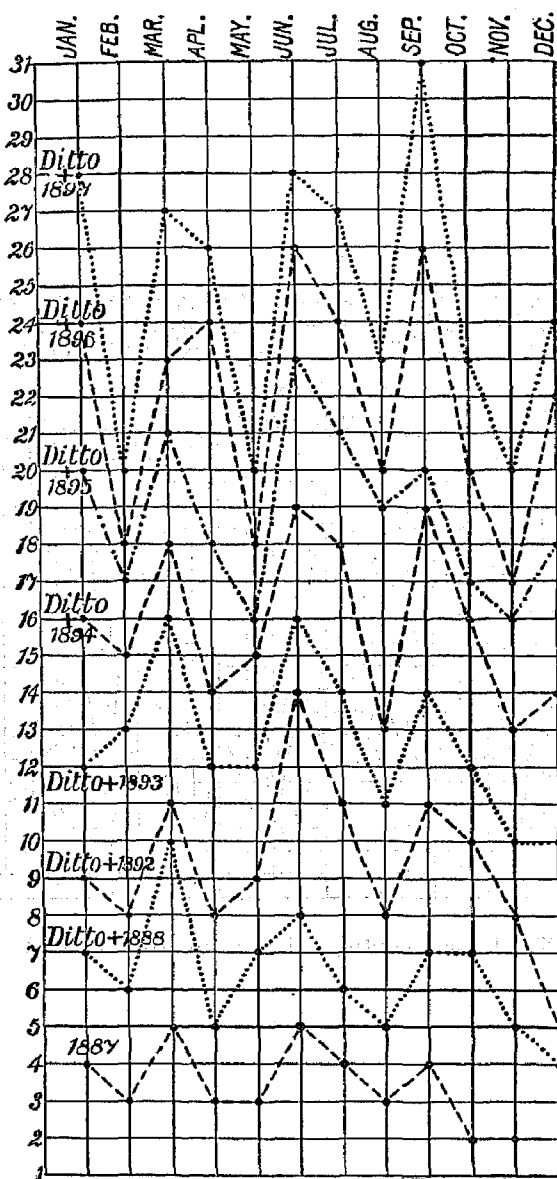


CHART VIII.

*Dotted line Sum of years 1886, 87, 88, 89, 91, 9**
Broken line ----- Sum of years 1893, 94, 95, 96, 97.
Continuous line — Sum of all the eleven years.

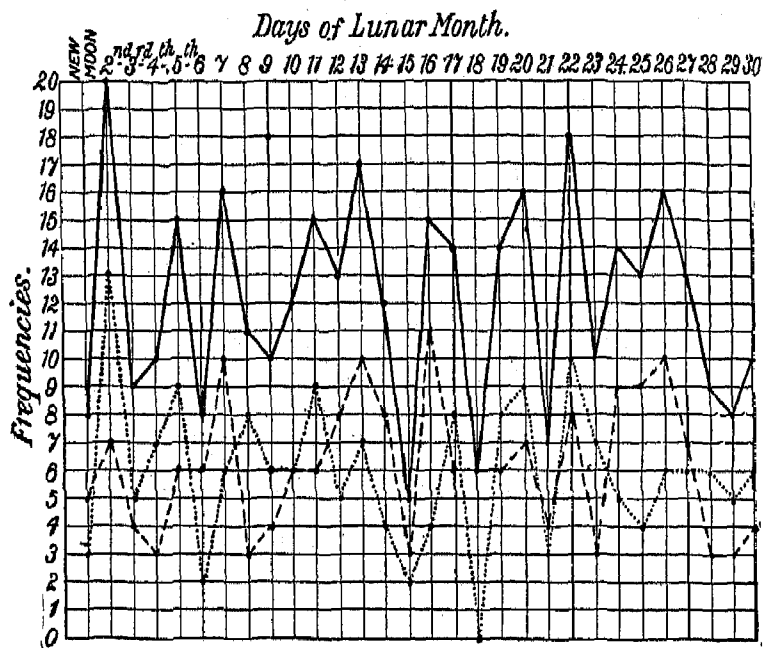


CHART IX.—Lunar-monthly Rhythm of Male Sexual Period.

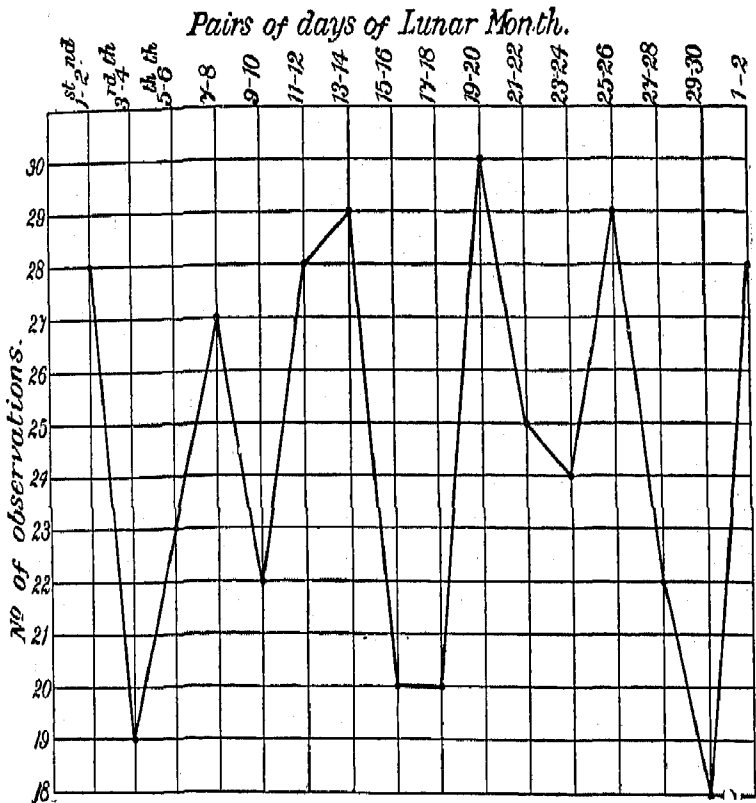


CHART X.—Curves of Lunar-monthly Rhythm as Smoothed by taking Pairs of Days.

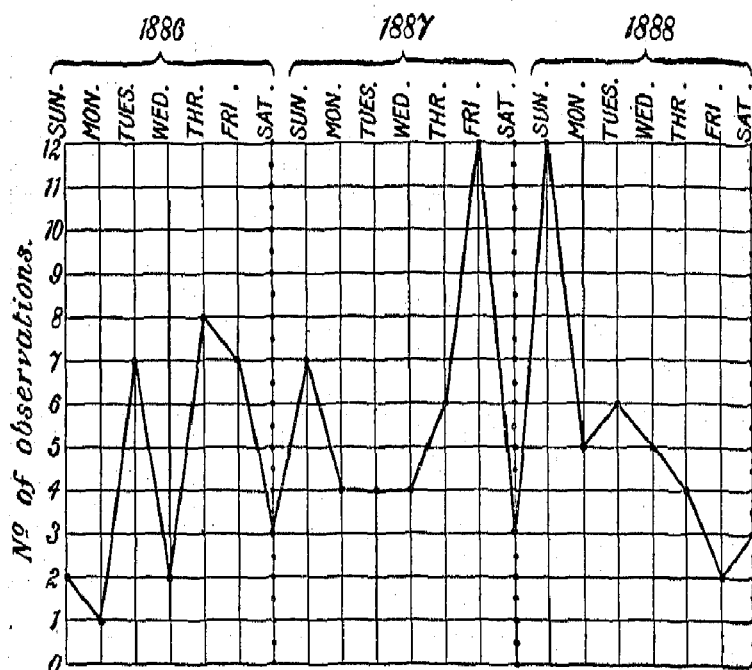


CHART XIa.—Weekly Rhythm of Male Sexual Period.

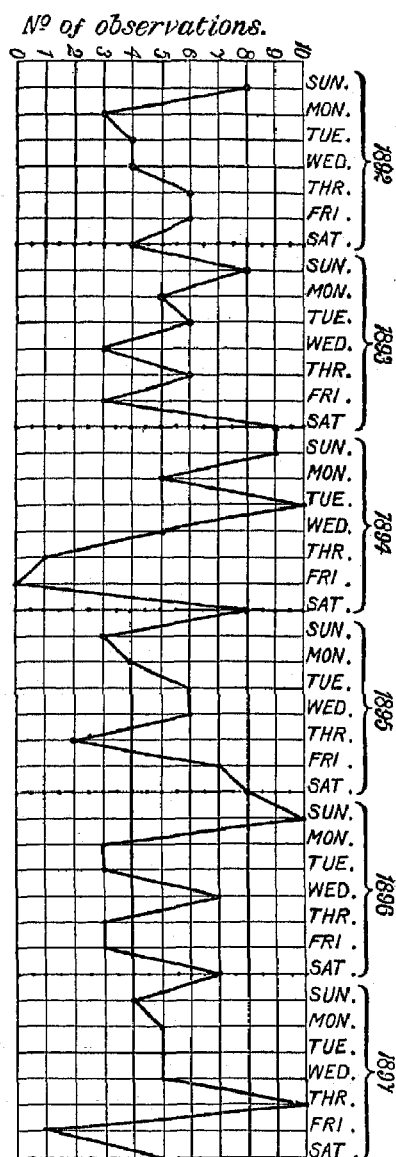


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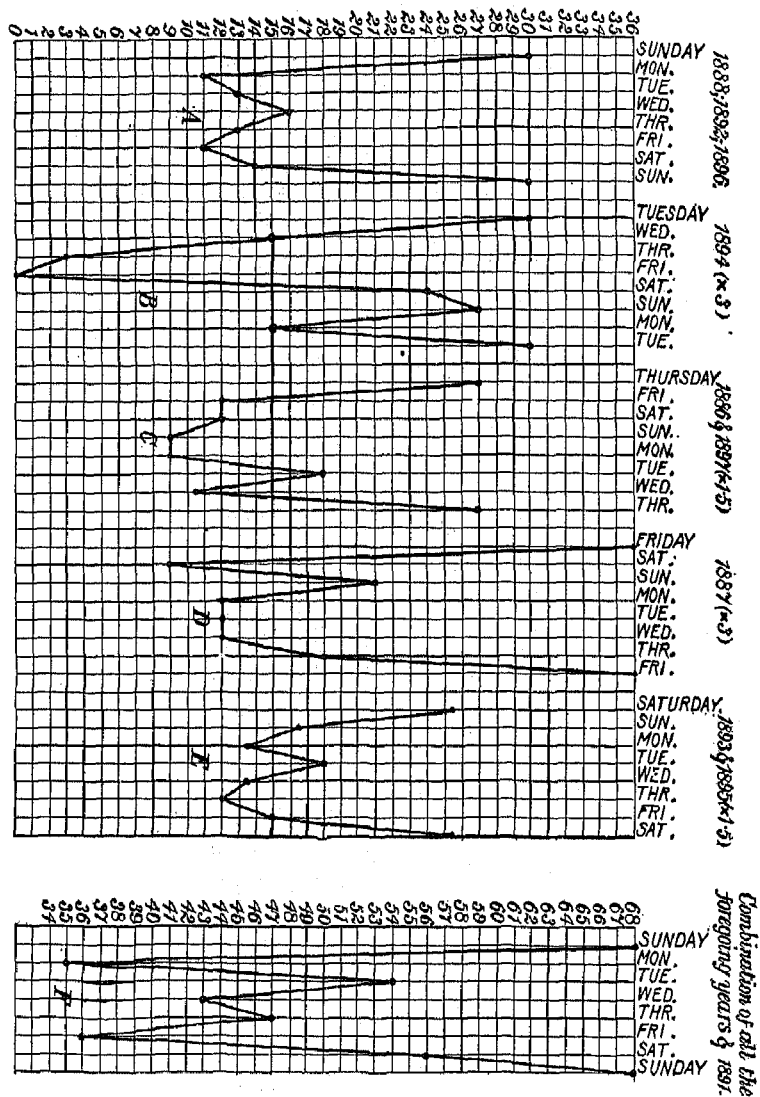


CHART XII.—Weekly Rhythm of Male Sexual Period.

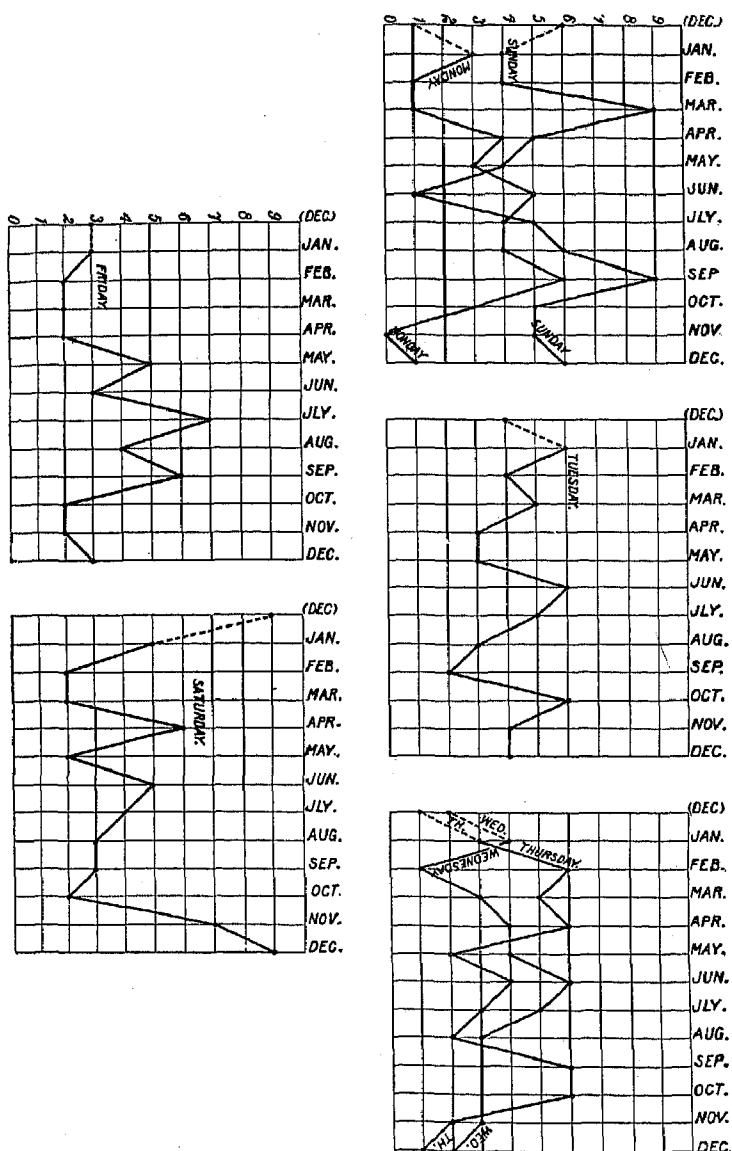


CHART XIII.—Joint Weekly Rhythm of Male Sexual Period, years 1886, 1887, 1888, 1892, 1893, 1894, 1895, 1896, 1897 combined.

PART TWO

Analysis of the Sexual Impulse

Love and Pain

The Sexual Impulse in Women

PREFACE TO SECOND EDITION.

THIS volume has been thoroughly revised for the present edition and considerably enlarged throughout, in order to render it more accurate and more illustrative, while bringing it fairly up to date with reference to scientific investigation. Numerous histories have also been added to the Appendix.

It has not been found necessary to modify the main doctrines set forth ten years ago. At the same time, however, it may be mentioned, as regards the first study in the volume, that our knowledge of the physiological mechanism of the sexual instinct has been revolutionized during recent years. This is due to the investigations that have been made, and the deductions that have been built up, concerning the part played by hormones, or internal secretions of the ductless glands, in the physical production of the sexual instinct and the secondary sexual characters. The conception of the psychology of the sexual impulse here set forth, while correlated to terms of a physical process of tumescence and detumescence, may be said to be independent of the ultimate physiological origins of that process. But we cannot fail to realize the bearing of physiological chemistry in this field; and the doctrine of internal secretions, since it may throw light on many complex problems presented by the sexual instinct, is full of interest for us.

HAVELOCK ELLIS.

June, 1913.

PREFACE TO FIRST EDITION.

THE present volume of *Studies* deals with some of the most essential problems of sexual psychology. The *Analysis of the Sexual Impulse* is fundamental. Unless we comprehend the exact process which is being worked out beneath the shifting and multifold phenomena presented to us we can never hope to grasp in their true relations any of the normal or abnormal manifestations of this instinct. I do not claim that the conception of the process here stated is novel or original. Indeed, even since I began to work it out some years ago, various investigators in these fields, especially in Germany, have deprived it of any novelty it might otherwise have possessed, while at the same time aiding me in reaching a more precise statement. This is to me a cause of satisfaction. On so fundamental a matter I should have been sorry to find myself tending to a peculiar and individual standpoint. It is a source of gratification to me that the positions I have reached are those toward which current intelligent and scientific opinions are tending. Any originality in my study of this problem can only lie in the bringing together of elements from somewhat diverse fields. I shall be content if it is found that I have attained a fairly balanced, general, and judicial statement of these main factors in the sexual instinct.

In the study of *Love and Pain* I have discussed the sources of those aberrations which are commonly called, not altogether happily, "sadism" and "masochism." Here we are brought before the most extreme and perhaps the most widely known group of sexual perversions. I have considered them from the medico-legal standpoint, because that has already been done by other writers whose works are accessible. I have preferred to show how these aberrations may be explained; how

they may be linked on to normal and fundamental aspects of the sexual impulse; and, indeed, in their elementary forms, may themselves be regarded as normal. In some degree they are present, in every case, at some point of sexual development; their threads are subtly woven in and out of the whole psychological process of sex. I have made no attempt to reduce their complexity to a simplicity that would be fallacious. I hope that my attempt to unravel these long and tangled threads will be found to make them fairly clear.

In the third study, on *The Sexual Impulse in Women*, we approach a practical question of applied sexual psychology, and a question of the first importance. No doubt the sex impulse in men is of great moment from the social point of view. It is, however, fairly obvious and well understood. The impulse in women is not only of at least equal moment, but it is far more obscure. The natural difficulties of the subject have been increased by the assumption of most writers who have touched it—casually and hurriedly, for the most part—that the only differences to be sought in the sexual impulse in man and in woman are quantitative differences. I have pointed out that we may more profitably seek for qualitative differences, and have endeavored to indicate such of these differences as seem to be of significance.

In an Appendix will be found a selection of histories of more or less normal sexual development. Histories of gross sexual perversion have often been presented in books devoted to the sexual instinct; it has not hitherto been usual to inquire into the facts of normal sexual development. Yet it is concerning normal sexual development that our ignorance is greatest, and the innovation can scarcely need justification. I have inserted these histories not only because many of them are highly instructive in themselves, but also because they exhibit the nature of the material on which my work is mainly founded.

I am indebted to many correspondents, medical and other, in various parts of the world, for much valuable assistance.

When they have permitted me to do so I have usually mentioned their names in the text. This has not been possible in the case of many women friends and correspondents, to whom, however, my debt is very great. Nature has put upon women the greater part of the burden of sexual reproduction; they have consequently become the supreme authorities on all matters in which the sexual emotions come into question. Many circumstances, however, that are fairly obvious, conspire to make it difficult for women to assert publicly the wisdom and knowledge which, in matters of love, the experiences of life have brought to them. The ladies who, in all earnestness and sincerity, write books on these questions are often the last people to whom we should go as the representatives of their sex; those who know most have written least. I can therefore but express again, as in previous volumes I have expressed before, my deep gratitude to these anonymous collaborators who have aided me in throwing light on a field of human life which is of such primary social importance and is yet so dimly visible.

HAVELOCK ELLIS.

24 Holmdene Avenue,
Herne Hill, London.

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ANALYSIS OF THE SEXUAL IMPULSE.

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THE term "sexual instinct" may be said to cover the whole of the neuropsychic phenomena of reproduction which man shares with the lower animals. It is true that much discussion has taken place concerning the proper use of the term "instinct," and some definitions of instinctive action would appear to exclude the essential mechanism of the process whereby sexual reproduction is assured. Such definitions scarcely seem legitimate, and are certainly unfortunate. Herbert Spencer's definition of instinct as "compound reflex action" is sufficiently clear and definite for ordinary use.

A fairly satisfactory definition of instinct is that supplied by Dr. and Mrs. Peckham in the course of their study *On the Instincts and Habits of Solitary Wasps*. "Under the term 'instinct,' " they say, "we place all complex acts which are performed previous to experience and in a similar manner by all members of the same sex and race, leaving out as non-essential, at this time, the question of whether they are or are not accompanied by consciousness." This definition is quoted with approval by Lloyd Morgan, who modifies and further elaborates it (*Animal Behavior*, 1900, p. 21). "The distinction between instinctive and reflex behavior," he remarks, "turns in large degree on their relative complexity," and instinctive behavior, he concludes, may be said to comprise "those complex groups of co-ordinated acts which are, on their first occurrence, independent of experience; which tend to the well-being of the individual and the preservation of the race; which are due to the co-operation of external and internal stimuli; which are similarly performed by all the members of the same more or less restricted group of animals; but which are subject to variation, and to subsequent modification under the guidance of experience." Such a definition clearly justifies us in speaking of a "sexual instinct." It may be added that the various questions involved in the definition of the sexual instinct have been fully discussed by Moll in the early sections of his *Untersuchungen über die Libido Sexualis*.

Of recent years there has been a tendency to avoid the use of the term "instinct," or, at all events, to refrain from attaching any serious scientific sense to it. Loeb's influence has especially given force to this tendency. Thus, while Piéron, in an interesting discussion of the question ("Les Problèmes Actuels de l'Instinct," *Revue Philosophique*, Oct., 1908), thinks it would still be convenient to retain the term, giving it a philosophical meaning, Georges Bohn, who devotes a chapter to the notion of instinct (*La Naissance de l'Intelligence*, 1909), is strongly in favor of eliminating the word, as being merely a legacy of medieval theologians and metaphysicians, serving to conceal our ignorance or our lack of exact analysis.

It may be said that the whole of the task undertaken in these *Studies* is really an attempt to analyze what is commonly called the sexual instinct. In order to grasp it we have to break it up into its component parts. Lloyd Morgan has pointed out that the components of an instinct may be regarded as four: first, the internal messages giving rise to the impulse; secondly, the external stimuli which co-operate with the impulse to affect the nervous centers; thirdly, the active response due to the co-ordinate

outgoing discharges; and, fourthly, the message from the organs concerned in the behavior by which the central nervous system is further affected.¹

In dealing with the sexual instinct the first two factors are those which we have most fully to discuss. With the external stimuli we shall be concerned in a future volume (IV). We may here confine ourselves mainly to the first factor: the nature of the internal messages which prompt the sexual act. We may, in other words, attempt to analyze the *sexual impulse*.

The first definition of the sexual impulse we meet with is that which regards it as an impulse of evacuation. The psychological element is thus reduced to a minimum. It is true that, especially in early life, the emotions caused by forced repression of the excretions are frequently massive or acute in the highest degree, and the joy of relief correspondingly great. But in adult life, on most occasions, these desires can be largely pushed into the background of consciousness, partly by training, partly by the fact that involuntary muscular activity is less imperative in adult life; so that the ideal element in connection with the ordinary excretions is almost a negligible quantity. The evacuation theory of the sexual instinct is, however, that which has most popular vogue, and the cynic delights to express it in crude language. It is the view that appeals to the criminal mind, and in the slang of French criminals the brothel is *le cloaque*. It was also the view implicitly accepted by medieval ascetic writers, who regarded woman as "a temple built over a sewer," and from a very different standpoint it was concisely set forth by Montaigne, who has doubtless contributed greatly to support this view of the matter: "I find," he said, "that Venus, after all, is nothing more than the pleasure of discharging our vessels, just as nature renders pleasurable the discharges from other parts."² Luther, again, always compared the sexual to the excretory impulse, and said that marriage was

¹ C. Lloyd Morgan, "Instinct and Intelligence in Animals," *Nature*, February 3, 1898.

² *Essais*, livre iii, ch. v.

just as necessary as the emission of urine. Sir Thomas More, also, in the second book of *Utopia*, referring to the pleasure of evacuation, speaks of that felt "when we do our natural easement, or when we be doing the act of generation." This view would, however, scarcely deserve serious consideration if various distinguished investigators, among whom Féré may be specially mentioned, had not accepted it as the best and most accurate definition of the sexual impulse. "The genesic need may be considered," writes Féré, "as a need of evacuation; the choice is determined by the excitations which render the evacuation more agreeable."¹ Certain facts observed in the lower animals tend to support this view; it is, therefore, necessary, in the first place, to set forth the main results of observation on this matter. Spallanzani had shown how the male frog during coitus will undergo the most horrible mutilations, even decapitation, and yet resolutely continue the act of intercourse, which lasts from four to ten days, sitting on the back of the female and firmly clasping her with his forelegs. Goltz confirmed Spallanzani's observations and threw new light on the mechanism of the sexual instinct and the sexual act in the frog. By removing various parts of the female frog Goltz found that every part of the female was attractive to the male at pairing time, and that he was not imposed on when parts of a male were substituted. By removing various of the sense-organs of the male Goltz² further found that it was not by any special organ, but by the whole of his sensitive system, that this activity was set in action. If, however, the skin of the arms and of the breast between was removed, no embrace took place; so that the sexual sensations seemed to

¹ Féré, "La Prédisposition dans l'étiologie des perversions sexuelles," *Revue de médecine*, 1898. In his more recent work on the evolution and dissolution of the sexual instinct Féré perhaps slightly modified his position by stating that "the sexual appetite is, above all, a general need of the organism based on a sensation of fullness, a sort of need of evacuation," *L'Instinct sexuel*, 1899, p. 6. Löwenfeld (*Ueber die Sexuelle Konstitution*, p. 30) gives a qualified acceptance to the excretory theory, as also Rohleder (*Die Zeugung beim Menschen*, p. 25).

² Goltz, *Centralblatt für die med. Wissenschaften*, 1865, No. 19, and 1866, No. 18; also *Beiträge zur Lehre von den Funktionen des Frosches*, Berlin, 1869, p. 20.

be exerted through this apparatus. When the testicles were removed the embrace still took place. It could scarcely be said that these observations demonstrated, or in any way indicated, that the sexual impulse is dependent on the need of evacuation. Professor Tarchanoff, of St. Petersburg, however, made an experiment which seemed to be crucial. He took several hundred frogs (*Rana temporaria*), nearly all in the act of coitus, and in the first place repeated Goltz's experiments. He removed the heart; but this led to no direct or indirect stoppage of coitus, nor did removal of the lungs, parts of the liver, the spleen, the intestines, the stomach, or the kidneys. In the same way even careful removal of both testicles had no result. But on removing the seminal receptacles coitus was immediately or very shortly stopped, and not renewed. Thus, Tarchanoff concluded that in frogs, and possibly therefore in mammals, the seminal receptacles are the starting-point of the centripetal impulse which by reflex action sets in motion the complicated apparatus of sexual activity.¹ A few years later the question was again taken up by Steinach, of Prague. Granting that Tarchanoff's experiments are reliable as regards the frog, Steinach points out that we may still ask whether in mammals the integrity of the seminal receptacles is bound up with the preservation of sexual excitability. This cannot be taken for granted, nor can we assume that the seminal receptacles of the frog are homologous with the seminal vesicles of mammals. In order to test the question, Steinach chose the white rat, as possessing large seminal vesicles and a very developed sexual impulse. He found that removal of the seminal sacs led to no decrease in the intensity of the sexual impulse; the sexual act was still repeated with the same frequency and the same vigor. But these receptacles, Steinach proceeded to argue, do not really contain semen, but a special secretion of their own; they are anatomically quite unlike the seminal receptacles of the frog; so that no doubt is thus thrown on Tarchanoff's observations. Steinach remarked, however, that

¹J. Tarchanoff, "Zur Physiologie des Geschlechtsapparatus des Frosches," *Archiv für die Gesamte Physiologie*, 1887, vol. xl, p. 330.

one's faith is rather shaken by the fact that in the *Besculenta*, which in sexual life closely resembles *Rana temporaria*, there are no seminal receptacles. He therefore repeated Tarchanoff's experiments, and found that the seminal receptacles were empty before coitus, only becoming gradually filled during coitus; it could not, therefore, be argued that the sexual impulse started from the receptacles. He then extirpated the seminal receptacles, avoiding hemorrhage as far as possible, and found that, in the majority of cases so operated on, coitus still continued for from five to seven days, and in the minority for a longer time. He therefore concluded, with Goltz, that it is from the swollen testicles, not from the seminal receptacles, that the impulse first starts. Goltz himself pointed out that the fact that the removal of the testicles did not stop coitus by no means proves that it did not begin it, for, when the central nervous mechanism is once set in action, it can continue even when the exciting stimulus is removed. By extirpating the testicles some months before the sexual season he found that no coitus occurred. At the same time, even in these frogs, a certain degree of sexual inclination and a certain excitability of the embracing center still persisted, disappearing when the sexual epoch was over.

According to most recent writers, the seminal vesicles of mammals are receptacles for their own albuminous secretion, the function of which is unknown. Steinach could find no spermatozoa in these "seminal" sacs, and therefore he proposed to use Owen's name of *glandulae vesiculares*. After extirpation of these vesicular glands in the white rat typical coitus occurred. But the capacity for procreation was diminished, and extirpation of both *glandulae vesiculares* and *glandulae prostaticae* led to disappearance of the capacity for procreation. Steinach came to the conclusion that this is because the secretions of these glands impart increased vitality to the spermatozoa, and he points out that great fertility and high development of the accessory sexual glands go together.

Steinach found that, when sexually mature white rats were castrated, though at first they remained as potent as ever, their

potency gradually declined; sexual excitement, however, and sexual inclination always persisted. He then proceeded to castrate rats before puberty and discovered the highly significant fact that in these also a quite considerable degree of sexual inclination appeared. They followed, sniffed, and licked the females like ordinary males; and that this was not a mere indication of curiosity was shown by the fact that they made attempts at coitus which only differed from those of normal males by the failure of erection and ejaculation, though, occasionally, there was imperfect erection. This lasted for a year, and then their sexual inclinations began to decline, and they showed signs of premature age. These manifestations of sexual sense Steinach compares to those noted in the human species during childhood.¹

The genesic tendencies are thus, to a certain degree, independent of the generative glands, although the development of these glands serves to increase the genesic ability and to furnish the impulsion necessary to assure procreation, as well as to insure the development of the secondary sexual characters, probably by the influence of secretions elaborated and thrown into the system from the primary sexual glands.²

Halban ("Die Entstehung der Geschlechtscharaktere," *Archiv für Gynäkologie*, 1903, pp. 205-308) argues that the primary sex glands do not necessarily produce the secondary sex characters, nor inhibit the development of those characteristic of the opposite sex. It is indeed the rule, but it is not the inevitable result. Sexual differences exist from the first. Nussbaum made experiments on frogs (*Rana fusca*), which go through a yearly cycle of secondary sexual changes at the period of heat. These changes cease on castration, but, if the testes of other frogs are introduced beneath the skin of the castrated frogs, Nussbaum found that they acted as if the frog had not been castrated. It is the secretion of the testes which produces the secondary sexual changes.

¹ E. Steinach, "Untersuchungen zur vergleichenden Physiologie der männlicher Geschlechtsorgane insbesondere der accessorischen Geschlechtsdrüsen," *Archiv für die Gesamte Physiologie*, vol. lvi, 1894, pp. 304-338.

² See, e.g., Shattock and Seligmann, "The Acquirement of Secondary Sexual Characters," *Proceedings of the Royal Society*, vol. lxxiii, 1904, p. 49.

But Nussbaum found that the testicular secretion does not work if the nerves of the secondary sexual region are cut, and that the secretion has no direct action on the organism. Pfüger, discussing these experiments (*Archiv für die Gesamte Physiologie*, 1907, vol. cxvi, parts 5 and 6), disputes this conclusion, and argues that the secretion is not dependent on the action of the nervous system, and that therefore the secondary sexual characters are independent of the nervous system.

Steinach has also in later experiments ("Geschlechtstrieb und echt Sekundäre Geschlechtsmerkmale als Folge der innersekretorischen Funktion der Keimdrüsen," *Zentralblatt für Physiologie*, Bd. xxiv, No. 13, 1910) argued against any local nervous influence. He found in *Rana fusca* and *esculenta* that after castration in autumn the impulse to grasp the female persisted in some degrees and then disappeared, reappearing in a slight degree, however, every winter at the normal period of sexual activity. But when the testicular substance of actively sexual frogs was injected into the castrated frogs it exerted an elective action on the sexual reflex, sometimes in a few hours, but the action is, Steinach concludes, first central. The testicular secretion of frogs that were not sexually active had no stimulating action, but if the frogs were sexually active the injection of their central nervous substance was as effective as their testicular substance. In either case, Steinach concludes, there is the removal of an inhibition which is in operation at sexually quiescent periods.

Speaking generally, Steinach considers that there is a process of "erotisation" (Erotisierung) of the nervous center under the influence of the internal testicular secretions, and that this persists even when the primary physical stimulus has been removed.

The experience of veterinary surgeons also shows that the sexual impulse tends to persist in animals after castration. Thus the ox and the gelding make frequent efforts to copulate with females in heat. In some cases, at all events in the case of the horse, castrated animals remain potent, and are even abnormally ardent, although impregnation cannot, of course, result.¹

The results obtained by scientific experiment and veterinary experience on the lower animals are confirmed by observation of various groups of phenomena in the human species.

¹ For facts bearing on this point, see Guinard, art. "Castration," Richet's *Dictionnaire de Physiologie*. The general results of castration are summarized by Robert Müller in ch. vii of his *Sexualbiologie*; also by F. H. A. Marshall, *The Physiology of Reproduction*, ch. ix; see also E. Pittard, "Les Skoptzy," *L'Anthropologie*, 1903, p. 463.

There can be no doubt that castrated men may still possess sexual impulses. This has been noted by observers in various countries in which eunuchs are made and employed.¹

It is important to remember that there are different degrees of castration, for in current language these are seldom distinguished. The Romans recognized four different degrees: 1. True *castrati*, from whom both the testicles and the penis had been removed. 2. *Spadones*, from whom the testicles only had been removed; this was the most common practice. 3. *Thlibia*, in whom the testicles had not been removed, but destroyed by crushing; this practice is referred to by Hippocrates. 4. *Thlasia*, in whom the spermatic cord had simply been cut. Millant, from whose Paris thesis (*Castration Criminelle et Maniaque*, 1902) I take these definitions, points out that it was recognized that *spadones* remained apt for coitus if the operation was performed after puberty, a fact appreciated by many Roman ladies, *ad securas libidinationes*, as St. Jerome remarked, while Martial (lib. iv) said of a Roman lady who sought eunuchs: "Vult futui Gallia, non parere." (See also Millant, *Les Eunuques à Travers les Ages*, 1909, and articles by Lipa Bey and Zambaco, *Sexual-Probleme*, Oct. and Dec., 1911.)

In China, Matignon, formerly physician to the French legation in Peking, tells us that eunuchs are by no means without sexual feeling, that they seek the company of women and, he believes, gratify their sexual desires by such methods as are left open to them, for the sexual organs are entirely removed. It would seem probable that, the earlier the age at which the operation is performed, the less marked are the sexual desires, for Matignon mentions that boys castrated before the age of 10 are regarded by the Chinese as peculiarly virginal and pure.² At Constantinople, where the eunuchs are of negro race, castration is usually complete and performed before puberty, in order to abolish sexual potency and desire as far as possible. Even when castration is effected in infancy, sexual desire is not necessarily rendered impossible. Thus Marie has recorded the case of an insane Egyptian eunuch whose penis and scrotum were

¹ For an ancient discussion of this point, see Schurig, *Spermatologia*, 1720, cap. ix.

² J. J. Matignon, *Superstition, Crime, et Misère en Chine*, "Les Eunuques du Palais Impérial de Pékin," 1901.

removed in infancy; yet, he had frequent and intense sexual desire with ejaculation of mucus and believed that an invisible princess touched him and aroused voluptuous sensations. Although the body had a feminine appearance, the prostate was normal and the vesiculæ seminales not atrophied.¹ It may be added that Lancaster² quotes the following remark, made by a resident for many years in the land, concerning Nubian eunuchs: "As far as I can judge, sex feeling exists unmodified by absence of the sexual organs. The eunuch differs from the man not in the absence of sexual passion, but only in the fact that he cannot fully gratify it. As far as he can approach a gratification of it he does so." In this connection it may be noted that (as quoted by Moll) Jäger attributes the preference of some women—noted in ancient Rome and in the East—for castrated men as due not only to the freedom from risk of impregnation in such intercourse, but also to the longer duration of erection in the castrated.

When castration is performed without removal of the penis it is said that potency remains for at least ten years afterward, and Disselhorst, who in his *Die accessorischen Geschlechtsdrüsen der Wirbelthiere* takes the same view as has been here adopted, mentions that, according to Pelikan (*Das Skopzentrum in Russland*), those castrated at puberty are fit for coitus long afterward. When castration is performed for surgical reasons at a later age it is still less likely to affect potency or to change the sexual feelings.³ Guinard concludes that the sexual impulse after castration is relatively more persistent in man than in the lower animals, and is sometimes even heightened, being probably more dependent on external stimuli.⁴

Except in the East, castration is more often performed on women than on men, and then the evidence as to the influence

¹ P. Marie, "Eunuchisme et Erotisme," *Nouvelle Iconographie de la Salpêtrière*, 1906, No. 5, and *Progrès médical*, Jan. 26, 1907.

² *Pedagogical Seminary*, July, 1897, p. 121.

³ See, for instance, the case reported in another volume of these *Studies* ("Sexual Inversion"), in which castration was performed on a sexual invert without effecting any change.

⁴ Guinard, art. "Castration," *Dictionnaire de Physiologie*.

of the removal of the ovaries on the sexual emotions shows varying results. It has been found that after castration sexual desire and sexual pleasure in coitus may either remain the same, be diminished or extinguished, or be increased. By some the diminution has been attributed to autosuggestion, the woman being convinced that she can no longer be like other women; the augmentation of desire and pleasure has been supposed to be due to the removal of the dread of impregnation. We have, of course, to take into account individual peculiarities, method of life, and the state of the health.

In France Jayle ("Effets physiologiques de la Castration chez la Femme," *Revue de Gynécologie*, 1897, pp. 403-57) found that, among 33 patients in whom ovariectomy had been performed, in 18 sexual desire remained the same, in 3 it was diminished, in 8 abolished, in 3 increased; while pleasure in coitus remained the same in 17, was diminished in 1, abolished in 4, and increased in 5, in 6 cases sexual intercourse was very painful. In two other groups of cases—one in which both ovaries and uterus were removed and another in which the uterus alone was removed—the results were not notably different.

In Germany Gläveke (*Archiv für Gynäkologie*, Bd. xxxv, 1889) found that desire remained in 6 cases, was diminished in 10, and disappeared in 11, while pleasure in intercourse remained in 8, was diminished in 10, and was lost in 8. Pfister, again (*Archiv für Gynäkologie*, Bd. lvi, 1898), examined this point in 99 castrated women; he remarks that sexual desire and sexual pleasure in intercourse were usually associated, and found the former unchanged in 19 cases, decreased in 24, lost in 35, never present in 21, while the latter was unchanged in 18 cases and diminished or lost in 60. Keppler (International Medical Congress, Berlin, 1890) found that among 46 castrated women sexual feeling was in no case abolished. Adler also, who discusses this question (*Die Mangelhafte Geschlechtsempfindung des Weibes*, 1904, p. 75 *et seq.*), criticises Gläveke's statements and concludes that there is no strict relation between the sexual organs and the sexual feelings. Kisch, who has known several cases in which the feelings remained the same as before the operation, brings together (*The Sexual Life of Women*) varying opinions of numerous authors regarding the effects of removal of the ovaries on the sexual appetite.

In America Bloom (as quoted in *Medical Standard*, 1896, p. 121) found that in none of the cases of women investigated, in which oöphorectomy had been performed before the age of 33, was the sexual appetite entirely lost; in most of them it had not materially diminished

and in a few it was intensified. There was, however, a general consensus of opinion that the normal vaginal secretion during coitus was greatly lessened. In the cases of women over 33, including also hysterectomies, a gradual lessening of sexual feeling and desire was found to occur most generally. Dr. Isabel Davenport records 2 cases (reported in *Medical Standard*, 1895, p. 346) of women between 30 and 35 years of age whose erotic tendencies were extreme; the ovaries and tubes were removed, in one case for disease, in the other with a view of removing the sexual tendencies; in neither case was there any change. Laphorn Smith (*Medical Record*, vol. xlviii) has reported the case of an unmarried woman of 24 whose ovaries and tubes had been removed seven years previously for pain and enlargement, and the periods had disappeared for six years; she had had experience of sexual intercourse, and declared that she had never felt such extreme sexual excitement and pleasure as during coitus at the end of this time.

In England Lawson Tait and Bantock (*British Medical Journal*, October 14, 1899, p. 975) have noted that sexual passion seems sometimes to be increased even after the removal of ovaries, tubes, and uterus. Lawson Tait also stated (*British Gynecological Journal*, Feb., 1887, p. 534) that after systematic and extensive inquiry he had not found a single instance in which, provided that sexual appetite existed before the removal of the appendages, it was abolished by that operation. A Medical Inquiry Committee appointed by the Liverpool Medical Institute (*ibid.*, p. 617) had previously reported that a considerable number of patients stated that they had suffered a distinct loss of sexual feeling. Lawson Tait, however, throws doubts on the reliability of the Committee's results, which were based on the statements of unintelligent hospital patients.

I may quote the following remarks from a communication sent to me by an experienced physician in Australia: "No rule can be laid down in cases in which both ovaries have been extirpated. Some women say that, though formerly passionate, they have since become quite indifferent, but I am of opinion that the majority of women who have had prior sexual experience retain desire and gratification in an equal degree to that they had before operation. I know one case in which a young girl hardly 19 years old, who had been accustomed to congress for some twelve months, had trouble which necessitated the removal of the ovaries and tubes on both sides. Far from losing all her desire or gratification, both were very materially increased in intensity. Menstruation has entirely ceased, without loss of femininity in either disposition or appearance. During intercourse, I am told, there is continuous spasmodic contraction of various parts of the vagina and vulva."

The independence of the sexual impulse from the distention of the sexual glands is further indicated by the great frequency with which sexual sensations, in a faint or even strong degree, are experienced in childhood and sometimes in infancy, and by the fact that they often persist in women long after the sexual glands have ceased their functions.

In the study of auto-erotism in another volume of these *Studies* I have brought together some of the evidence showing that even in very young children spontaneous self-induced sexual excitement, with orgasm, may occur. Indeed, from an early age sexual differences pervade the whole nervous tissue. I may here quote the remarks of an experienced gynecologist: "I venture to think," Braxton Hicks said many years ago, "that those who have much attended to children will agree with me in saying that, almost from the cradle, a difference can be seen in manner, habits of mind, and in illness, requiring variations in their treatment. The change is certainly hastened and intensified at the time of puberty; but there is, even to an average observer, a clear difference between the sexes from early infancy, gradually becoming more marked up to puberty. That sexual feelings exist [it would be better to say 'may exist'] from earliest infancy is well known, and therefore this function does not depend upon puberty, though intensified by it. Hence, may we not conclude that the progress toward development is not so abrupt as has been generally supposed? . . . The changes of puberty are all of them dependent on the primordial force which, gradually gathering in power, culminates in the perfection both of form and of the sexual system, primary and secondary."

There appear to have been but few systematic observations on the persistence of the sexual impulse in women after the menopause. It is regarded as a fairly frequent phenomenon by Kisch, and also by Löwenfeld (*Sexualleben und Nervenleiden*, p. 29). In America, Bloom (as quoted in *Medical Standard*, 1896), from an investigation of four hundred cases, found that in some cases the sexual impulse persisted to a very advanced age, and mentions a case of a woman of 70, twenty years past the menopause, who had been long a widow, but had recently married, and who declared that both desire and gratification were as great, if not greater, than before the menopause.

Reference may finally be made to those cases in which the sexual impulse has developed notwithstanding the absence, verified or probable, of any sexual glands at all. In such cases sexual desire and sexual gratification are sometimes even stronger

than normal. Colman has reported a case in which neither ovaries nor uterus could be detected, and the vagina was too small for coitus, but pleasurable intercourse took place by the rectum and sexual desire was at times so strong as to amount almost to nymphomania. Clara Barrus has reported the case of a woman in whom there was congenital absence of uterus and ovaries, as proved subsequently by autopsy, but the sexual impulse was very strong and she had had illicit intercourse with a lover. She suffered from recurrent mania, and then masturbated shamelessly; when sane she was attractively feminine. Macnaughton-Jones describes the case of a woman of 32 with normal sexual feelings and fully developed breasts, clitoris, and labia, but no vagina or internal genitalia could be detected even under the most thorough examination. In a case of Bridgman's, again, the womb and ovaries were absent, and the vagina small, but coitus was not painful, and the voluptuous sensations were complete and sexual passion was strong. In a case of Cotterill's, the ovaries and uterus were of minute size and functionless, and the vagina was absent, but the sexual feelings were normal, and the clitoris preserved its usual sensibility. Mundé had recorded two similar cases, of which he presents photographs. In all these cases not only was the sexual impulse present in full degree, but the subjects were feminine in disposition and of normal womanly conformation; in most cases the external sexual organs were properly developed.¹

Féré (*L'Instinct sexuel*, p. 241) has sought to explain away some of these phenomena, in so far as they may be brought against the theory that the secretions and excretions of the sexual glands are the sole source of the sexual impulse. The persistence of sexual feelings after castration may be due, he argues, to the presence of the nerves in the cicatrices, just as the amputated have the illusion that the missing limb is still there. Exactly the same explanation has since been put

¹ M. A. Colman, *Medical Standard*, August, 1895; Clara Barrus, *American Journal of Insanity*, 1896; J. M. Cotterill, *British Gynaecological Journal*, August, 1896; J. M. Cotterill, *British Medical Journal*, April 7, 1900 (also private communication); Paul F. Mundé, *American Journal of Obstetrics*, March, 1899.

forward by Moll, *Medizinische Klinik*, 1905, Nrs. 12 and 13. In the same way the presence of sexual feelings after the menopause may be due to similar irritation determined by degeneration during involution of the glands. The precocious appearance of the sexual impulse in childhood he would explain as due to an anomaly of development in the sexual organs. Féré makes no attempt to explain the presence of the sexual impulse in the congenital absence of the sexual glands; here, however, Mundé intervenes with the suggestion that it is possible that in most cases "an infinitesimal trace of ovary" may exist, and preserve femininity, though insufficient to produce ovulation or menstruation.

It is proper to mention these ingenious arguments. They are, however, purely hypothetical, obviously invented to support a theory. It can scarcely be said that they carry conviction. We may rather agree with Guinard that so great is the importance of reproduction that nature has multiplied the means by which preparation is made for the conjunction of the sexes and the roads by which sexual excitation may arrive. As Hirschfeld puts it, in a discussion of this subject (*Sexual-Probleme*, Feb., 1912), "Nature has several irons in the fire."

It will be seen that the conclusions we have reached indirectly involve the assumption that the spinal nervous centers, through which the sexual mechanism operates, are not sufficient to account for the whole of the phenomena of the sexual impulse. The nervous circuit tends to involve a cerebral element, which may sometimes be of dominant importance. Various investigators, from the time of Gall onward, have attempted to localize the sexual instinct centrally. Such attempts, however, cannot be said to have succeeded, although they tend to show that there is a real connection between the brain and the generative organs. Thus Ceni, of Modena, by experiments on chickens, claims to have proved the influence of the cortical centers of procreation on the faculty of generation, for he found that lesions of the cortex led to sterility corresponding in degree to the lesion; but as these results followed even independently of any disturbance of the sexual instinct, their significance is not altogether clear (Carlo Ceni, "L'Influenza dei Centri Corticali sui Fenomeni della Generazione," *Revista Sperimentale di Freniatria*, 1907, fasc. 2-3). At present, as Obici and Marchesini have well remarked, all that we can do is to assume the existence of cerebral as well as spinal sexual centers; a cerebral sexual center, in the strictest sense, remains purely hypothetical.

Although Gall's attempt to locate the sexual instinct in the cerebellum—well supported as it was by observations—is no longer considered to be tenable, his discussion of the sexual instinct was of great value, far in advance of his time, and accompanied by a mass of facts gathered from many fields. He maintained that the sexual instinct is

a function of the brain, not of the sexual organs. He combated the view ruling in his day that the seat of erotic mania must be sought in the sexual organs. He fully dealt with the development of the sexual instinct in many children before maturity of the sexual glands, the prolongation of the instinct into old age, its existence in the castrated and in the congenital absence of the sexual glands; he pointed out that even with an apparently sound and normal sexual apparatus all sorts of psychic pathological deviations may yet occur. In fact, all the lines of argument I have briefly indicated in the foregoing pages—although when they were first written this fact was unknown to me—had been fully discussed by this remarkable man nearly a century ago. (The greater part of the third volume of Gall's *Sur les Fonctions du Cerveau*, in the edition of 1825, is devoted to this subject. For a good summary, sympathetic, though critical, of Gall's views on this matter, see Möbius, "Ueber Gall's Specielle Organologie," *Schmidt's Jahrbücher der Medicin*, 1900, vol. cclxvii; also *Ausgewählte Werke*, vol. vii.)

It will be seen that the question of the nature of the sexual impulse has been slowly transformed. It is no longer a question of the formation of semen in the male, of the function of menstruation in the female. It has become largely a question of physiological chemistry. The chief parts in the drama of sex, alike on its psychic as on its physical sides, are thus supposed to be played by two mysterious protagonists, the hormones, or internal secretions, of the testes and of the ovary. Even the part played by the brain is now often regarded as chemical, the brain being considered to be a great chemical laboratory. There is a tendency, moreover, to extend the sexual sphere so as to admit the influence of internal secretions from other glands. The thymus, the adrenals, the thyroid, the pituitary, even the kidneys: it is possible that internal secretions from all these glands may combine to fill in the complete picture of sexuality as we know it in men and women.¹ The subject is, however,

¹ See Swale Vincent, *Internal Secretion and the Ductless Glands*, 1912; F. H. A. Marshall, *The Physiology of Reproduction*, 1910, ch. ix; Munzer, *Berliner klinische Wochenschrift*, Nov., 1910; C. Sajous, *The Internal Secretions*, vol. i, 1911. The adrenal glands have been fully and interestingly studied by Glynn, *Quarterly Journal of Medicine*, Jan., 1912; the thyroid, by Ewan Waller, *Practitioner*, Aug., 1912; the internal secretion of the ovary, by A. Louise McIlroy, *Proceedings Royal Society Medicine*, July, 1912. For a discussion at the Neurology Section of the British Medical Association Meeting, 1912, see *British Medical Journal*, Nov. 16, 1912.

so complex and at present so little known that it would be hazardous, and for the present purpose it is needless, to attempt to set forth any conclusions.

It is sufficiently clear that there is on the surface a striking analogy between sexual desire and the impulse to evacuate an excretion, and that this analogy is not only seen in the frog, but extends also to the highest vertebrates. It is quite another matter, however, to assert that the sexual impulse can be adequately defined as an impulse to evacuate. To show fully the inadequate nature of this conception would require a detailed consideration of the facts of sexual life. That is, however, unnecessary. It is enough to point out certain considerations which alone suffice to invalidate this view. In the first place, it must be remarked that the trifling amount of fluid emitted in sexual intercourse is altogether out of proportion to the emotions aroused by the act and to its after-effect on the organism; the ancient dictum *omne animal post coitum triste* may not be exact, but it is certain that the effect of coitus on the organism is far more profound than that produced by the far more extensive evacuation of the bladder or bowels. Again, this definition leaves unexplained all those elaborate preliminaries which, both in man and the lower animals, precede the sexual act, preliminaries which in civilized human beings sometimes themselves constitute a partial satisfaction to the sexual impulse. It must also be observed that, unlike the ordinary excretions, this discharge of the sexual glands is not always, or in every person, necessary at all. Moreover, the theory of evacuation at once becomes hopelessly inadequate when we apply it to women; no one will venture to claim that an adequate psychological explanation of the sexual impulse in a woman is to be found in the desire to expel a little bland mucus from the minute glands of the genital tract. We must undoubtedly reject this view of the sexual impulse. It has a certain element of truth and it permits an instructive and helpful analogy; but that is all. The sexual act presents many characters which are absent in an ordinary act of evacuation, and, on the other hand, it lacks the

special characteristic of the evacuation proper, the elimination of waste material; the seminal fluid is not a waste material, and its retention is, to some extent perhaps, rather an advantage than a disadvantage to the organism.

Eduard von Hartmann long since remarked that the satisfaction of what we call the sexual instinct through an act carried out with a person of the opposite sex is a very wonderful phenomenon. It cannot be said, however, that the conception of the sexual act as a simple process of evacuation does anything to explain the wonder. We are, at most, in the same position as regards the stilling of normal sexual desire as we should be as regards the emptying of the bladder, supposing it were very difficult for either sex to effect this satisfactorily without the aid of a portion of the body of a person of the other sex acting as a catheter. In such a case our thoughts and ideals would center around persons of opposite sex, and we should court their attention and help precisely as we do now in the case of our sexual needs. Some such relationship does actually exist in the case of the suckling mother and her infant. The mother is indebted to the child for the pleasurable relief of her distended breasts; and, while in civilization more subtle pleasures and intelligent reflection render this massive physical satisfaction comparatively unessential to the act of suckling, in more primitive conditions and among animals the need of this pleasurable physical satisfaction is a real bond between the mother and her offspring. The analogy is indeed very close: the erectile nipple corresponds to the erectile penis, the eager watery mouth of the infant to the moist and throbbing vagina, the vitally albuminous milk to the vitally albuminous semen.¹ The com-

¹ Since this was written I have come across a passage in *Hampa* (p. 228), by Rafael Salillas, the Spanish sociologist, which shows that the analogy has been detected by the popular mind and been embodied in popular language: "A significant anatomico-physiological concordance supposes a resemblance between the mouth and the sexual organs of a woman, between coitus and the ingestion of food, and between foods which do not require mastication and the spermatie ejaculation; these representations find expression in the popular name *papo* given to women's genital organs. 'Papo' is the crop of birds, and is derived from 'papar' (Latin, *papare*), to eat soft food such as we call pap. With

plete mutual satisfaction, physical and psychic, of mother and child, in the transfer from one to the other of a precious organized fluid, is the one true physiological analogy to the relationship of a man and a woman at the climax of the sexual act. Even this close analogy, however, fails to cover all the facts of the sexual life.

A very different view is presented to us in the definition of the sexual instinct as a reproductive impulse, a desire for offspring. Hegar, Eulenburg, Näcke, and Löwenfeld have accepted this as, at all events, a partial definition.¹ No one, indeed, would argue that it is a complete definition, although a few writers appear to have asserted that it is so sometimes as regards the sexual impulse in women. There is, however, considerable mental confusion in the attempt to set up such a definition. If we define an instinct as an action adapted to an end which is not present to consciousness, then it is quite true that the sexual instinct is an instinct of reproduction. But we do not adequately define the sexual instinct by merely stating its ultimate object. We might as well say that the impulse by which young animals seize food is "an instinct of nutrition." The object of reproduction certainly constitutes no part of the sexual impulse whatever in any animal apart from man, and it reveals a lack of the most elementary sense of biological continuity to assert that in man so fundamental and involuntary a process can suddenly be revolutionized. That

this representation of infantile food is connected the term *leche* [milk] as applied to the ejaculated genital fluid." Cleland, it may be added, in the most remarkable of English erotic novels, *The Memoirs of Fanny Hill*, refers to "the compressive exsuction with which the sensitive mechanism of that part [the vagina] thirstily draws and drains the nipple of Love," and proceeds to compare it to the action of the child at the breast. It appears that, in some parts of the animal world at least, there is a real analogy of formation between the oral and vaginal ends of the trunk. This is notably the case in some insects, and the point has been elaborately discussed by Walter Wesché, "The Genitalia of Both the Sexes in Diptera, and their Relation to the Armature of the Mouth," *Transactions of the Linnean Society*, second series, vol. ix, Zoölogy, 1906.

¹ Näcke now expresses himself very dubiously on the point; see e.g., *Archiv für Kriminal-Anthropologie*, 1905, p. 186.

the sexual impulse is very often associated with a strong desire for offspring there can be no doubt, and in women the longing for a child—that is to say, the longing to fulfill those functions for which their bodies are constituted—may become so urgent and imperative that we may regard it as scarcely less imperative than the sexual impulse. But it is not the sexual impulse, though intimately associated with it, and though it explains it. A reproductive instinct might be found in parthenogenetic animals, but would be meaningless, because useless, in organisms propagating by sexual union. A woman may not want a lover, but may yet want a child. This merely means that her maternal instincts have been aroused, while her sexual instincts are still latent. A desire for reproduction, as soon as that desire becomes instinctive, necessarily takes on the form of the sexual impulse, for there is no other instinctive mechanism by which it can possibly express itself. A “reproductive instinct,” apart from the sexual instinct and apart from the maternal instinct, cannot be admitted; it would be an absurdity. Even in women in whom the maternal instincts are strong, it may generally be observed that, although before a woman is in love, and also during the later stages of her love, the conscious desire for a child may be strong, during the time when sexual passion is at its highest the thought of offspring, under normally happy conditions, tends to recede into the background. Reproduction is the natural end and object of the sexual instinct, but the statement that it is part of the contents of the sexual impulse, or can in any way be used to define that impulse, must be dismissed as altogether unacceptable. Indeed, although the term “reproductive instinct” is frequently used, it is seldom used in a sense that we need take seriously; it is vaguely employed as a euphemism by those who wish to veil the facts of the sexual life; it is more precisely employed mainly by those who are unconsciously dominated by a superstitious repugnance to sex.

I now turn to a very much more serious and elaborate attempt to define the constitution of the sexual impulse, that of Moll. He finds that it is made up of two separate components,

each of which may be looked upon as an uncontrollable impulse.¹ One of these is that by which the tension of the sexual organs is spasmodically relieved; this he calls the *impulse of detumescence*,² and he regards it as primary, resembling the impulse to empty a full bladder. The other impulse is the "instinct to approach, touch, and kiss another person, usually of the opposite sex"; this he terms the *impulse of contractation*, and he includes under this head not only the tendency to general physical contact, but also the psychic inclination to become generally interested in a person of the opposite sex. Each of these primary impulses Moll regards as forming a constituent of the sexual instinct in both men and women. It seems to me undoubtedly true that these two impulses do correspond to the essential phenomena. The awkward and unsatisfactory part of Moll's analysis is the relation of the one to the other. It is true that he traces both impulses back to the sexual glands, that of detumescence directly, that of contractation indirectly; but evidently he does not regard them as intimately related to each other; he insists on the fact that they may exist apart from each other, that they do not appear synchronously in youth; the contractation impulse he regards as secondary; it is, he states, an indirect result of the sexual glands, "only to be understood by the developmental history of these glands and the object which they subserve"; that is to say, that it is connected with the rise of the sexual method of reproduction and the desirability of the mingling of the two sexes in procreation, while the impulse of detumescence arose before the sexual method of reproduction had appeared; thus the contractation impulse was propagated by natural selection together with the sexual method of reproduction. The impulse of contractation is secondary, and Moll even regards it as a secondary sexual character.

While, therefore, this analysis seems to include all the phenomena and to be worthy of very careful study as a serious

¹ *Untersuchungen über die Libido Sexualis*, Berlin, 1897-98.

² Moll adopts the term "impulse of detumescence" (*Detumescenztrieb*) instead of "impulse of ejaculation," because in women there is either no ejaculation or it cannot be regarded as essential.

and elaborate attempt to present an adequate psychological definition of the sexual impulse, it scarcely seems to me that we can accept it in precisely the form in which Moll presents it. I believe, however, that by analyzing the process a little more minutely we shall find that these two constituents of the sexual impulse are really much more intimately associated than at the first glance appears, and that we need by no means go back to the time when the sexual method of reproduction arose to explain the significance of the phenomena which Moll includes under the term *contractation*.

To discover the true significance of the phenomena in men it is necessary to observe carefully the phenomena of love-making not only among men, but among animals, in which the impulse of *contractation* plays a very large part, and involves an enormous expenditure of energy. Darwin was the first to present a comprehensive view of, at all events a certain group of, the phenomena of *contractation* in animals; on his interpretation of those phenomena he founded his famous theory of sexual selection. We are not primarily concerned with that theory; but the facts on which Darwin based his theory lie at the very roots of our subject, and we are bound to consider their psychological significance. In the first place, since these phenomena are specially associated with Darwin's name, it may not be out of place to ask what Darwin himself considered to be their psychological significance. It is a somewhat important question, even for those who are mainly concerned with the validity of the theory which Darwin established on those facts, but so far as I know it has not hitherto been asked. I find that a careful perusal of the *Descent of Man* reveals the presence in Darwin's mind of two quite distinct theories, neither of them fully developed, as to the psychological meaning of the facts he was collecting. The two following groups of extracts will serve to show this very conclusively: "The lower animals have a sense of beauty," he declares, "powers of discrimination and taste on the part of the female" (p. 211¹); "the females habitually

¹ I quote from the second edition, as issued in 1881.

or occasionally prefer the more beautiful males," "there is little improbability in the females of insects appreciating beauty in form or color" (p. 329); he speaks of birds as the most "esthetic" of all animals excepting man, and adds that they have "nearly the same taste for the beautiful as we have" (p. 359); he remarks that a change of any kind in the structure or color of the male bird "appears to have been admired by the female" (p. 385). He speaks of the female Argus pheasant as possessing "this almost human degree of taste." Birds, again, "seem to have some taste for the beautiful both in color and sound," and "we ought not to feel too sure that the female does not attend to each detail of beauty" (p. 421). Novelty, he says, is "admired by birds for its own sake" (p. 495). "Birds have fine powers of discrimination and in some few instances it can be shown that they have a taste for the beautiful" (p. 496). The "esthetic capacity" of female animals has been advanced by exercise just as our own taste has improved (p. 616). On the other hand, we find running throughout the book quite another idea. Of cicadas he tells us that it is probable that, "like female birds, they are excited or allured by the male with the most attractive voice" (p. 282); and, coming to *Locustidae*, he states that "all observers agree that the sounds serve either to call or excite the mute females" (p. 283). Of birds he says, "I am led to believe that the females prefer or are most excited by the more brilliant males" (p. 316). Among birds also the males "endeavor to charm or excite their mates by love-notes," etc., and "the females are excited by certain males, and thus unconsciously prefer them" (p. 367), while ornaments of all kinds "apparently serve to excite, attract, or fascinate the female" (p. 394). In a supplemental note, also, written in 1876, five years after the first publication of the *Descent of Man*, and therefore a late statement of his views, Darwin remarks that "no supporter of the principle of sexual selection believes that the females select particular points of beauty in the males; they are merely excited or attracted in a greater degree by one male than by another, and this seems often to depend, especially

with birds, on brilliant coloring" (p. 623). Thus, on the one hand, Darwin interprets the phenomena as involving a real esthetic element, a taste for the beautiful; on the other hand, he states, without apparently any clear perception that the two views are quite distinct, that the colors and sounds and other characteristics of the male are not an appeal to any esthetic sense of the female, but an appeal to her sexual emotions, a stimulus to sexual excitement, an allurement to sexual contact. According to the first theory, the female admires beauty, consciously or unconsciously, and selects the most beautiful partner¹; according to the second theory, there is no esthetic question involved, but the female is unconsciously influenced by the most powerful or complex organic stimulus to which she is subjected. There can be no question that it is the second, and not the first, of these two views which we are justified in accepting. Darwin, it must be remembered, was not a psychologist, and he lived before the methods of comparative psychology had begun to be developed; had he written twenty years later we may be sure he would never have used so incautiously some of the vague and hazardous expressions I have quoted. He certainly injured his theory of sexual selection by stating it in too anthropomorphic language, by insisting on "choice," "preference," "esthetic sense," etc. There is no need whatever to burden any statement of the actual facts by such terms borrowed from human psychology. The female responds to the stimulation of the male at the right moment just as the tree responds to the stimulation of the warmest days in spring. We should but obscure this fact by stating that the tree "chooses" the most beautiful days on which to put forth its young sprouts. In explaining the correlation between responsive females and accomplished males the supposition of esthetic

¹ This is the theory which by many has alone been seen in Darwin's *Descent of Man*. Thus even his friend Wallace states unconditionally (*Tropical Nature*, p. 193) that Darwin accepted a "voluntary or conscious sexual selection," and seems to repeat the same statement in *Darwinism* (1889), p. 283. Lloyd Morgan, in his discussion of the pairing instinct in *Habit and Instinct* (1896), seems also only to see this side of Darwin's statement.

choice is equally unnecessary. It is, however, interesting to observe that, though Darwin failed to see that the love-combats, pursuits, dances, and parades of the males served as a method of stimulating the impulse of concretion—or, as it would be better to term it, tumescence—in the male himself,¹ he to some extent realized the part thus played in exciting the equally necessary activity of tumescence in the female.

The justification for using the term "tumescence," which I here propose, is to be found in the fact that vascular congestion, more especially of the parts related to generation, is an essential preliminary to acute sexual desire. This is clearly brought out in Heape's careful study of the "sexual season" in mammals. Heape distinguishes between the "pro-estrus," or preliminary period of congestion, in female animals and the immediately following "estrus," or period of desire. The latter period is the result of the former, and, among the lower animals at all events, intercourse only takes place during the estrus, not during the pro-estrus. Tumescence must thus be obtained before desire can become acute, and courtship runs *pari passu* with physiological processes. "Normal estrus," Heape states, "occurs in conjunction with certain changes in the uterine tissue, and this is accompanied by congestion and stimulation or irritation of the copulatory organs. . . . Congestion is invariably present and is an essential condition. . . . The first sign of pro-estrus noticed in the lower mammals is a swollen and congested vulva and a general restlessness, excitement, or uneasiness. There are other signs familiar to breeders of various mammals, such as the congested conjunctiva of the rabbit's eye and the drooping ears of the pig. Many monkeys exhibit congestion of the face and nipples, as well as of the buttocks, thighs, and neighboring parts; sometimes they are congested to a very marked extent, and in some species a swelling, occasionally prodigious, of the soft tissues round the anal and generative openings, which is also at the time brilliantly congested, indicates the progress of the pro-estrus. . . . The growth of the stroma-tissue [in the uterus of monkeys during the pro-estrus] is rapidly followed by an increase in the number and size of the vessels of the stroma; the whole becomes richly supplied with blood, and the surface is flushed and highly vascular. This process goes on until the whole of the internal stroma becomes tense and brilliantly injected

¹ In his *Variation of Animals and Plants under Domestication*, Darwin was puzzled by the fact that, in captivity, animals often copulate without conceiving and failed to connect that fact with the processes behind his own theory of sexual selection.

with blood. . . . In all essential points the menstruation or pro-estrus of the human female is identical with that of monkeys. . . . Estrus is possible only after the changes due to pro-estrus have taken place in the uterus. A wave of disturbance, at first evident in the external generative organs, extends to the uterus, and after the various phases of pro-estrus have been gone through in that organ, and the excitement there is subsiding, it would seem as if the external organs gain renewed stimulus, and it is then that estrus takes place. . . . In all animals which have been investigated coition is not allowed by the female until some time after the swelling and congestion of the vulva and surrounding tissue are first demonstrated, and in those animals which suffer from a considerable discharge of blood the main portion of that discharge, if not the whole of it, will be evacuated before sexual intercourse is allowed." (W. Heape, "The 'Sexual Season' of Mammals," *Quarterly Journal of Microscopical Science*, vol. xlv, Part I, 1900. Estrus has since been fully discussed in Marshall's *Physiology of Reproduction*.) This description clearly brings out the fundamentally vascular character of the process I have termed "tumescence"; it must be added, however, that in man the nervous elements in the process tend to become more conspicuous, and more or less obliterate these primitive limitations of sexual desire. (See "Sexual Periodicity" in the first volume of these *Studies*.)

Moll subsequently restated his position with reference to my somewhat different analysis of the sexual impulse, still maintaining his original view ("Analyse des Geschlechtstriebes," *Medizinische Klinik*, Nos. 12 and 13, 1905; also *Geschlecht und Gesellschaft*, vol. ii, Nos. 9 and 10). Numa Praetorius (*Jahrbuch für Sexuelle Zwischenstufen*, 1904, p. 592) accepts contractation, tumescence, and detumescence as all being stages in the same process, contractation, which he defines as the sexual craving for a definite individual, coming first. Robert Müller (*Sexualbiologie*, 1907, p. 37) criticises Moll much in the same sense as I have done and considers that contractation and detumescence cannot be separated, but are two expressions of the same impulse; so also Max Katte, "Die Präliminarien des Geschlechtsaktes," *Zeitschrift für Sexualwissenschaft*, Oct., 1908, and G. Saint-Paul, *L'Homosexualité et les Types Homosexuels*, 1910, p. 390.

While I regard Moll's analysis as a valuable contribution to the elucidation of the sexual impulse, I must repeat that I cannot regard it as final or completely adequate. As I understand the process, contractation is an incident in the development of tumescence, an extremely important incident indeed, but not an absolutely fundamental and primitive part of it. It is equally an incident, highly important though not primitive and fundamental, of detumescence. Contractation,

from first to last, furnishes the best conditions for the exercise of the sexual process, but it is not an absolutely essential part of the process and in the early stages of zoölogical development it had no existence at all. Tumescence and detumescence are alike fundamental, primitive, and essential; in resting the sexual impulse on these necessarily connected processes we are basing ourselves on the solid bedrock of nature.

Moreover, of the two processes, tumescence, which in time comes first, is by far the most important, and nearly the whole of sexual psychology is rooted in it. To assert, with Moll, that the sexual process may be analyzed into contrectation and detumescence alone is to omit the most essential part of the process. It is much the same as to analyze the mechanism of a gun into probable contact with the hand, and a more or less independent discharge, omitting all reference to the loading of the gun. The essential elements are the loading and the discharging. Contrectation is a part of loading, though not a necessary part, since the loading may be effected mechanically. But to understand the process of firing a gun and to comprehend the mechanism of the discharge, we must insist on the act of loading and not merely on the contact of the hand. So it is in analyzing the sexual impulse. Contrectation is indeed highly important, but it is important only in so far as it aids tumescence, and so may be subordinated to tumescence, exactly as it may also be subordinated to detumescence. It is tumescence which is the really essential part of the process, and we cannot afford, with Moll, to ignore it altogether.

Wallace opposed Darwin's theory of sexual selection, but it can scarcely be said that his attitude toward it bears critical examination. On the one hand, as has already been noted, he saw but one side of that theory and that the unessential side, and, on the other hand, his own view really coincided with the more essential elements in Darwin's theory. In his *Tropical Nature* he admitted that the male's "persistency and energy win the day," and also that this "vigor and liveliness" of the male are usually associated with intense coloration, while twenty years later (in his *Darwinism*) he admitted also that it is highly probable that the female is pleased or excited by the male's display. But all that is really essential in Darwin's theory is involved, directly or indirectly, in these admissions.

Espinas, in 1878, in his suggestive book, *Des Sociétés Animales*, described the odors, colors and forms, sounds, games, parades, and mock battles of animals, approaching the subject

in a somewhat more psychological spirit than either Darwin or Wallace, and he somewhat more clearly apprehended the object of these phenomena in producing mutual excitement and stimulating tumescence. He noted the significance of the action of the hermaphroditic snails in inserting their darts into each other's flesh near the vulva in order to cause preliminary excitation. He remarks of this whole group of phenomena: "It is the preliminary of sexual union, it constitutes the first act of it. By it the image of the male is graven on the consciousness of the female, and in a manner impregnates it, so as to determine there, as the effects of this representation descend to the depths of the organism, the physiological modifications necessary to fecundation." Beaunis, again, in an analysis of the sexual sensations, was inclined to think that the dances and parades of the male are solely intended to excite the female, not perceiving, however, that they at the same time serve to further excite the male also.¹

A better and more comprehensive statement was reached by Tillier, who, to some extent, may be said to have anticipated Groos. Darwin, Tillier pointed out, had not sufficiently taken into account the coexistence of combat and courtship, nor the order of the phenomena. Courtship without combat, Tillier argued, is rare; "there is a normal coexistence of combat and courtship."² Moreover, he proceeded, force is the chief factor

¹ Beaunis, *Sensations Internes*, ch. v, "Besoins Sexuels," 1889. It may be noted that many years earlier Burdach (in his *Physiologie als Erfahrungswissenschaft*, 1826) had recognized that the activity of the male favored procreation, and that mental and physical excitement seemed to have the same effect in the female also.

² It is scarcely necessary to point out that this is too extreme a position. As J. G. Millais remarks of ducks (*Natural History of British Ducks*, p. 45), in courtship "success in winning the admiration of the female is rather a matter of persistent and active attention than physical force," though the males occasionally fight over the female. The ruff (*Machetes pugnax*) is a pugnacious bird, as his name indicates. Yet, the reeve, the female of this species, is, as E. Selous shows ("Sexual Selection in Birds," *Zoologist*, Feb. and May, 1907), completely mistress of the situation. "She seems the plain and unconcerned little mistress of a numerous and handsome seraglio, each member of which, however he flounce and bounce, can only wait to be chosen." Any fighting among the males is only incidental and is not a factor in selection.

in determining the possession of the female by the male, who in some species is even prepared to exert force on her; so that the female has little opportunity of sexual selection, though she is always present at these combats. He then emphasized the significant fact that courtship takes place long after pairing has ceased, and the question of selection thus been eliminated. The object of courtship, he concluded, is not sexual selection by the female, but the sexual excitement of both male and female, such excitement, he asserted, not only rendering coupling easier, but favoring fecundation. Modesty, also, Tillier further argued, again anticipating Groos, works toward the same end; it renders the male more ardent, and by retarding coupling may also increase the secretions of the sexual glands and favor the chances of reproduction.¹

In a charming volume entitled *The Naturalist in La Plata* (1892) Mr. W. H. Hudson included a remarkable chapter on "Music and Dancing in Nature." In this chapter he described many of the dances, songs, and love-antics of birds, but regarded all such phenomena as merely "periodical fits of gladness." While, however, we may quite well agree with Mr. Hudson that conscious sexual gratification on the part of the female is not the cause of music and dancing performances in birds, nor of the brighter colors and ornaments that distinguish the male, such an opinion by no means excludes the conclusion that these phenomena are primarily sexual and intimately connected with the process of tumescence in both sexes. It is noteworthy that, according to H. E. Howard ("On Sexual Selection in Birds," *Zoölogist*, Nov., 1903), color is most developed just before pairing, rapidly becoming less beautiful—even within a few hours—after this, and the most beautiful male is most successful in getting paired. The fact that, as Mr. Hudson himself points out, it is at the season of love that these manifestations mainly, if not exclusively, appear, and that it is the more brilliant and highly endowed males which play the chief part in them, only serves to confirm such a conclusion. To argue, with Mr. Hudson, that they cannot be sexual because they sometimes occur before the arrival of the females, is much the same as to argue that the

Moreover, as R. Müller points out (*loc. cit.*, p. 290), fighting would not usually attain the end desired, for if the males expend their time and strength in a serious combat they merely afford a third less pugnacious male a better opportunity of running off with the prize.

¹ L. Tillier, *L'Instinct Sexuel*, 1889, pp. 74, 118, 119, 124 et seq., 289.

antics of a kitten with a feather or a reel have no relationship whatever to mice. The birds that began earliest to practise their accomplishments would probably have most chance of success when the females arrived. Darwin himself said that nothing is commoner than for animals to take pleasure in practising whatever instinct they follow at other times for some real good. These manifestations are primarily for the sake of producing sexual tumescence, and could not well have been developed to the height they have reached unless they were connected closely with propagation. That they may incidentally serve to express "gladness" one need not feel called upon to question.

Another observer of birds, Mr. E. Selous, has made observations which are of interest in this connection. He finds that all bird-dances are not nuptial, but that some birds—the stone-curlew (or great plover), for example—have different kinds of dances. Among these birds he has made the observation, very significant from our present point of view, that the nuptial dances, taken part in by both of the pair, are immediately followed by intercourse. In spring "all such runnings and chasings are, at this time, but a part of the business of pairing, and one divines at once that such attitudes are of a sexual character. . . . Here we have a bird with distinct nuptial (sexual) and social (non-sexual) forms of display or antics, and the former as well as the latter are equally indulged in by both sexes." (E. Selous, *Bird Watching*, pp. 15-20.)

The same author (*ibid.*, pp. 79, 94) argues that in the fights of two males for one female—with violent emotion on one side and interested curiosity on the other—the attitude of the former "might gradually come to be a display made entirely for the female, and of the latter a greater or less degree of pleasurable excitement raised by it, with a choice in accordance." On this view the interest of the female would first have been directed, not to the plumage, but to the frenzied actions and antics of the male. From these antics in undecorated birds would gradually develop the interest in waving plumes and fluttering wings. Such a dance might come to be of a quite formal and non-courting nature.

Last, we owe to Professor Häcker what may fairly be regarded, in all main outlines, as an almost final statement of the matter. In his *Gesang der Vögel* (1900) he gives a very clear account of the evolution of bird-song, which he regards as the most essential element in all this group of manifestations, furnishing the key also to the dancing and other antics. Originally the song consists only of call-cries and recognition-notes. Under the parallel influence of natural selection and sexual selection they become at the pairing season reflexes of excitement and thus develop into methods of producing excitement, in the male by the

muscular energy required, and in the female through the ear; finally they become play, though here also it is probable that use is not excluded. Thus, so far as the male bird is concerned, bird-song possesses a primary prenuptial significance in attracting the female, a secondary nuptial significance in producing excitement (p. 48). He holds also that the less-developed voices of the females aid in attaining the same end (p. 51). Finally, bird-song possesses a tertiary extranuptial significance (including exercise play, expression of gladness). Hübner points out, at the same time, that the maintenance of some degree of sexual excitement beyond pairing time may be of value for the preservation of the species, in case of disturbance during breeding and consequent necessity for commencing breeding over again.

Such a theory as this fairly coincides with the views brought forward in the preceding pages,—views which are believed to be in harmony with the general trend of thought today,—since it emphasizes the importance of tumescence and all that favors tumescence in the sexual process. The so-called esthetic element in sexual selection is only indirectly of importance. The male's beauty is really a symbol of his force.

It will be seen that this attitude toward the facts of tumescence among birds and other animals includes the recognition of dances, songs, etc., as expressions of "gladness." As such they are closely comparable to the art manifestations among human races. Here, as Weismann in his *Gedanken über Musik* has remarked, we may regard the artistic faculty as a by-product: "This [musical] faculty is, as it were, the mental hand with which we play on our own emotional nature, a hand not shaped for this purpose, not due to the necessity for the enjoyment of music, but owing its origin to entirely different requirements."

The psychological significance of these facts has been carefully studied and admirably developed by Groos in his classic works on the play instinct in animals and in men.¹ Going beyond Wallace, Groos denies *conscious* sexual selection, but, as he points out, this by no means involves the denial of unconscious selection in the sense that "the female is most easily won by the male who most strongly excites her sexual instincts." Groos further quotes a pregnant generalization of Ziegler: "In all animals a high degree of excitement of the nervous system is *necessary to procreation*, and thus we find an excited prelude

¹ K. Groos, *Die Spiele der Thiere*, 1896; *Die Spiele der Menschen*, 1899; both are translated into English.

to procreation widely spread."¹ Such a stage, indeed, as Groos points out, is usually necessary before any markedly passionate discharge of motor energy, as may be observed in angry dogs and the Homeric heroes. While, however, in other motor explosions the prelude may be reduced to a minimum, in courtship it is found in a highly marked degree. The primary object of courtship, Groos insists, is to produce sexual excitement.

It is true that Groos's main propositions were by no means novel. Thus, as I have pointed out, he was at most points anticipated by Tillier. But Groos developed the argument in so masterly a manner, and with so many wide-ranging illustrations, that he has carried conviction where the mere insight of others had passed unperceived. Since Darwin wrote the *Descent of Man* the chief step in the development of the theory of sexual selection has been taken by Groos, who has at the same time made it clear that sexual selection is largely a special case of natural selection.² The conjunction of the sexes is seen to be an end only to be obtained with much struggle; the difficulty of achieving sexual erethism in both sexes, the difficulty of so stimulating such erethism in the female that her instinctive coyness is overcome, these difficulties the best and most vigorous males,³ those most adapted in other

¹ Prof. H. E. Ziegler, in a private letter to Professor Groos, *Spiele der Thiere*, p. 202.

² *Die Spiele der Thiere*, p. 244. This had been briefly pointed out by earlier writers. Thus, Haeckel (*Gen. Morph.*, ii, p. 244) remarked that fighting for females is a special or modified kind of struggle for existence, and that it acts on both sexes.

³ It may be added that in the human species, as Bray remarks ("Le Beau dans la Nature," *Revue Philosophique*, October, 1901, p. 403), "the hymen would seem to tend to the same end, as if nature had wished to reinforce by a natural obstacle the moral restraint of modesty, so that only the vigorous male could insure his reproduction." There can be no doubt that among many animals pairing is delayed so far as possible until maturity is reached. "It is a strict rule amongst birds," remarks J. G. Millais (*op. cit.*, p. 46), "that they do not breed until both sexes have attained the perfect adult plumage." Until that happens, it seems probable, the conditions for sexual excitation are not fully established. We know little, says Howard (*Zoölogist*, 1903, p. 407), of the age at which birds begin to breed, but it is known that "there are yearly great numbers of individuals who do not breed, and the evidence seems to show that such individuals are immature."

respects to carry on the race, may most easily overcome. In this connection we may note what Marro has said in another connection, when attempting to answer the question why it is that among savages courtship becomes so often a matter in which persuasion takes the form of force. The explanation, he remarks, is yet very simple. Force is the foundation of virility, and its psychic manifestation is courage. In the struggle for life violence is the first virtue. The modesty of women—in its primordial form consisting in physical resistance, active or passive, to the assaults of the male—aided selection by putting to the test man's most important quality, force. Thus it is that when choosing among rivals for her favors a woman attributes value to violence.¹ Marro thus independently confirms the result reached by Groos.

The debate which has for so many years been proceeding concerning the validity of the theory of sexual selection may now be said to be brought to an end. Those who supported Darwin and those who opposed him were, both alike, in part right and in part wrong, and it is now possible to combine the elements of truth on either side into a coherent whole. This is now beginning to be widely recognized; Lloyd Morgan,² for instance, has readjusted his position as regards the "pairing instinct" in the light of Groos's contribution to the subject. "The hypothesis of sexual selection," he concludes, "suggests that the accepted male is the one which adequately evokes the pairing impulse. . . . Courtship may thus be regarded from the physiological point of view as a means of producing the requisite amount of pairing hunger; of stimulating the whole system and facilitating general and special vascular changes; of creating that state of profound and explosive irritability which has for its psychological concomitant or antecedent an imperious and irresistible craving. . . . Courtship is thus

¹ A. Marro, *La Puberté*, 1901, p. 464.

² Lloyd Morgan, *Animal Behavior*, 1900, pp. 264-5. It may be added that, on the esthetic side, Hirn, in his study (*The Origins of Art*, 1900), reaches conclusions which likewise, in the main, concord with those of Groos.

the strong and steady bending of the bow that the arrow may find its mark in a biological end of the highest importance in the survival of a healthy and vigorous race."

Having thus viewed the matter broadly, we may consider in detail a few examples of the process of tumescence among the lower animals and man, for, as will be seen, the process in both is identical. As regards animal courtship, the best treasury of facts is Brehm's *Thierleben*, while Büchner's *Liebe und Liebes-Leben in der Thierwelt* is a useful summary; the admirable discussion of bird-dancing and other forms of courtship in Häcker's *Gesang der Vögel*, chapter iv, may also be consulted. As regards man, Wallaschek's *Primitive Music*, chapter vii, brings together much scattered material, and is all the more valuable since the author rejects any form of sexual selection; Hirn's *Origins of Art*, chapter xvii, is well worth reading, and Finck's *Primitive Love and Love-stories* contains a large amount of miscellaneous information. I have preferred not to draw on any of these easily accessible sources (except that in one or two cases I have utilized references they supplied), but here simply furnish illustrations met with in the course of my own reading.

Even in the hermaphroditic slugs (*Limax maximus*) the process of courtship is slow and elaborate. It has been described by James Bladon ("The Loves of the Slug [*Limax cinereus*]," *Zoölogist*, vol. xv, 1857, p. 6272). It begins toward midnight on sultry summer nights, one slug slowly following another, resting its mouth on what may be called the tail of the first, and following its every movement. Finally they stop and begin crawling around each other, emitting large quantities of mucus. When this has constituted a mass of sufficient size and consistence they suspend themselves from it by a cord of mucus from nine to fifteen inches in length, continuing to turn round each other till their bodies form a cone. Then the organs of generation are protruded from their orifice near the mouth and, hanging down a short distance, touch each other. They also then begin again the same spiral motion, twisting around each other, like a two-strand cord, assuming various and beautiful forms, sometimes like an inverted agaric, or a foliated murex, or a leaf of curled parsley, the light falling on the ever-varying surface of the generative organs sometimes producing iridescence. It is not until after a considerable time that the organs untwist and are withdrawn and the bodies separate, to crawl up the suspending cord and depart.

Some snails have a special organ for creating sexual excitement. A remarkable part of the reproductive system in many of the true Helicidæ is the so-called *dart*, *Liebespfeil*, or *telum Veneris*. It consists

of a straight or curved, sometimes slightly twisted, tubular shaft of carbonate of lime, tapering to a fine point above, and enlarging gradually, more often somewhat abruptly, to the base. The sides of the shaft are sometimes furnished with two or more blades; these are apparently not for cutting purposes, but simply to brace the stem. The dart is contained in a dart-sac, which is attached as a sort of pocket to the vagina, at no great distance from its orifice. In *Helix aspersa* the dart is about five-sixteenths of an inch in length, and one-eighth of an inch in breadth at its base. It appears most probable that the dart is employed as an adjunct for the sexual act. Besides the fact of the position of the dart-sac anatomically, we find that the darts are extended and become imbedded in the flesh, just before or during the act of copulation. It may be regarded, then, as an organ whose functions induce excitement preparatory to sexual union. It only occurs in well-grown specimens. (Rev. L. H. Cooke, "Molluscs," *Cambridge Natural History*, vol. iii, p. 143.)

Racovitza has shown that in the octopus (*Octopus vulgaris*) courtship is carried on with considerable delicacy, and not brutally, as had previously been supposed. The male gently stretches out his third arm on the right and caresses the female with its extremity, eventually passing it into the chamber formed by the mantle. The female contracts spasmodically, but does not attempt to move. They remain thus about an hour or more, and during this time the male shifts the arm from one oviduct to the other. Finally he withdraws his arm, caresses her with it for a few moments, and then replaces it with his other arm. (E. G. Racovitza, in *Archives de Zoologie Expérimentale*, quoted in *Natural Science*, November, 1894.)

The phenomena of courtship are very well illustrated by spiders. Peckham, who has carefully studied them, tells us of *Saitis pulex*: "On May 24th we found a mature female, and placed her in one of the larger boxes, and the next day we put a male in with her. He saw her as she stood perfectly still, twelve inches away; the glance seemed to excite him, and he at once moved toward her; when some four inches from her he stood still, and then began the most remarkable performances that an amorous male could offer to an admiring female. She eyed him eagerly, changing her position from time to time so that he might be always in view. He, raising his whole body on one side by straightening out the legs, and lowering it on the other by folding the first two pairs of legs up and under, leaned so far over as to be in danger of losing his balance, which he only maintained by sliding rapidly toward the lowered side. The palpus, too, on this side was turned back to correspond to the direction of the legs nearest it. He moved in a semicircle for about two inches, and then instantly re-

versed the position of the legs and circled in the opposite direction, gradually approaching nearer and nearer to the female. Now she dashes toward him, while he, raising his first pair of legs, extends them upward and forward as if to hold her off, but withal slowly retreats. Again and again he circles from side to side, she gazing toward him in a softer mood, evidently admiring the grace of his antics. This is repeated until we have counted one hundred and eleven circles made by the ardent little male. Now he approaches nearer and nearer, and when almost within reach whirls madly around and around her, she joining and whirling with him in a giddy maze. Again he falls back and resumes his semicircular motions, with his body tilted over; she, all excitement, lowers her head and raises her body so that it is almost vertical; both draw nearer; she moves slowly under him, he crawling over her head, and the mating is accomplished."

The same author thus describes the courtship of *Dendryphantes elegans*: "While from three to five inches distant from her, he begins to wave his plumy first legs in a way that reminds one of a windmill. She eyes him fiercely, and he keeps at a proper distance for a long time. If he comes close she dashes at him, and he quickly retreats. Sometimes he becomes bolder, and when within an inch, pauses, with the first legs outstretched before him, not raised as is common in other species; the palpi also are held stiffly out in front with the points together. Again she drives him off, and so the play continues. Now the male grows excited as he approaches her, and while still several inches away, whirls completely around and around; pausing, he runs closer and begins to make his abdomen quiver as he stands on tiptoe in front of her. Prancing from side to side, he grows bolder and bolder, while she seems less fierce, and yielding to the excitement, lifts up her magnificently iridescent abdomen, holding it at one time vertical, and at another sideways to him. She no longer rushes at him, but retreats a little as he approaches. At last he comes close to her, lying flat, with his first legs stretched out and quivering. With the tips of his front legs he gently pats her; this seems to arouse the old demon of resistance, and she drives him back. Again and again he pats her with a caressing movement, gradually creeping nearer and nearer, which she now permits without resistance, until he crawls over her head to her abdomen, far enough to reach the epigynum with his palpus." (G. W. Peckham, "Sexual Selection of Spiders," *Occasional Papers of the Natural History Society of Wisconsin*, 1889, quoted in *Nature*, August 21, 1890.)

The courtship of another spider, the *Agelena labyrinthica*, has been studied by Lécaillon ("Les Instincts et les Psychismes des Araignées," *Revue Scientifique*, Sept. 15, 1906. The male enters the female's web and may be found there about the middle of July. When

courtship has begun it is not interrupted by the closest observation, even under the magnifying glass. At first it is the male which seeks to couple and he pursues the female over her web till she consents. The pursuit may last some hours, the male agitating his abdomen in a peculiar way, while the female simply retreats a short distance without allowing herself to be approached. At last the female holds herself completely motionless, and then the male approaches, seizes her, places her on her side, sometimes carrying her to a more suitable part of the web. Then one of his copulative apparatus is applied to the female genital opening, and copulation begins. When completed (on an average in about two hours) the male withdraws his copulatory palpus and turns over the female, who is still inert, on to her other side, then brings his second copulatory apparatus to the female opening and starts afresh. When the process is definitely completed the male leaves the female, suddenly retiring to a little distance. The female, who had remained completely motionless for four hours, suddenly runs after the male. But she only pursues him for a short distance, and the two spiders remain together without any danger to either. Lécaillon disbelieves the statement of Romanes (in his *Animal Intelligence*) that the female eats the male after copulation. But this certainly seems to occur sometimes among insects, as illustrated by the following instance described by so careful an observer of insects as Fabre.

The *Mantis religiosa* is described by Fabre as contemplating the female for a long time in an attitude of ecstasy. She remains still and seems indifferent. He is small and she is large. At last he approaches; spreads his wings, which tremble convulsively; leaps on her back, and fixes himself there. The preludes are long and the coupling itself sometimes occupies five or six hours. Then they separate. But the same day or the following day she seizes him and eats him up in small mouthfuls. She will permit a whole series of males to have intercourse with her, always eating them up directly afterward. Fabre has even seen her eating the male while still on her back, his head and neck gone, but his body still firmly attached. (J. H. Fabre, *Souvenirs Entomologiques*, fifth series, p. 307.) Fabre also describes in great detail (*ibid.*, ninth series, chs. xxi-xxii) the sexual parades of the Languedoc scorpion (*Scorpio occidentalis*), an arachnid. These parades are in public; for their subsequent intercourse the couple seek complete seclusion, and the female finally eats the male.

An insect (a species of *Empis*) has been described which excites the female by manipulating a large balloon. "This is of elliptical shape, about seven millimeters long (nearly twice as long as the fly), hollow, and composed entirely of a single layer of minute bubbles, nearly uniform in size, arranged in regular circles concentric with the axis of the

structure. The beautiful, glistening whiteness of the object when the sun shines upon it makes it very conspicuous. The bubbles were slightly viscid, and in nearly every case there was a small fly pressed into the front end of the balloon, apparently as food for the *Empis*. In all cases they were dead. The balloon appears to be made while the insect is flying in the air. Those flying highest had the smallest balloons. The bubbles are probably produced by some modification of the anal organs. It is possible that the captured fly serves as a nucleus to begin the balloon on. One case of a captured fly but no balloon was observed. After commencing, it is probable that the rest of the structure is made by revolving the completed part between the hind legs and adding more bubbles somewhat spirally. The posterior end of the balloon is left more or less open. The purpose of this structure is to attract the female. When numerous males were flying up and down the road, it happened several times that a female was seen to approach them from some choke-cherry blossoms near by. The males immediately gathered in her path, and she with little hesitation selected for a mate the one with the largest balloon, taking a position *upon his back*. After copulation had begun, the pair would settle down toward the ground, select a quiet spot, and the female would alight by placing her front legs across a horizontal grass blade, her head resting against the blade so as to brace the body in position. Here she would continue to hold the male beneath her for a little time, until the process was finished. The male, meanwhile, would be rolling the balloon about in a variety of positions, juggling with it, one might almost say. After the male and female parted company, the male immediately dropped the balloon upon the ground, and it was greedily seized by ants. No illustration could properly show the beauty of the balloon." (Aldrich and Turley, "A Balloon-making Fly," *American Naturalist*, October, 1899.)

"In many species of moths the males 'assemble' around the freshly emerged female, but no special advantage appears to attend on early arrival. The female sits apparently motionless, while the little crowd of suitors buzz around her for several minutes. Suddenly, and, as far as one can see, without any sign from the female, one of the males pairs with her and all the others immediately disappear. In these cases the males do not fight or struggle in any way, and as one watches the ceremony the wonder arises as to how the moment is determined, and why the pairing did not take place before. Proximity does not decide the point, for long beforehand the males often alight close to the female and brush against her with fluttering wings. I have watched the process exactly as I have described it in a common Northern *Noctua*, the antler moth (*Charaxes graminis*), and I have seen the same thing among beetles." (E. B. Poulton, *The Colors of Animals*, 1890, p. 391.) This

author mentions that among some butterflies the females take the active part. The example here quoted of courtship among moths illustrates how phenomena which are with difficulty explicable by the theory of sexual selection in its original form become at once intelligible when we realize the importance of tumescence in courtship.

Of the Argentine cow-bird (*Molothrus bonariensis*) Hudson says (*Argentine Ornithology*, vol. i, p. 73): "The song of the male, particularly when making love, is accompanied with gestures and actions somewhat like those of the domestic pigeon. He swells himself out, beating the ground with his wings, and uttering a series of deep internal notes, followed by others loud and clear; and occasionally, when uttering them, he suddenly takes wing and flies directly away from the female to a distance of fifty yards, and performs a wide circuit about her in the air, singing all the time. The homely object of his passion always appears utterly indifferent to this curious and pretty performance; yet she must be even more impressionable than most female birds, since she continues scattering about her parasitical and often wasted eggs during four months in every year."

Of a tyrant-bird (*Pitangus Bolivianus*) Hudson writes (*Argentine Ornithology*, vol. i, p. 148): "Though the male and female are greatly attached, they do not go afield to hunt in company, but separate to meet again at intervals during the day. One of a couple (say, the female) returns to the trees where they are accustomed to meet, and after a time, becoming impatient or anxious at the delay of her consort, utters a very long, clear call-note. He is perhaps a quarter of a mile away, watching for a frog beside a pool, or beating over a thistle-bed, but he hears the note and presently responds with one of equal power. Then, perhaps, for half an hour, at intervals of half a minute, the birds answer each other, though the powerful call of the one must interfere with his hunting. At length he returns; then the two birds, perched close together, with their yellow bosoms almost touching, crests elevated, and beating the branch with their wings, scream their loudest notes in concert—a confused jubilant noise that rings through the whole plantation. Their joy at meeting is patent, and their action corresponds to the warm embrace of a loving human couple."

Of the red-breasted marsh-bird (*Leistes superciliaris*) Hudson (*Argentine Ornithology*, vol. i, p. 100) writes: "These birds are migratory, and appear everywhere in the eastern part of the Argentine country early in October, arriving singly, after which each male takes up a position in a field or open space abounding with coarse grass and herbage, where he spends most of his time perched on the summit of a tall stalk or weed, his glowing crimson bosom showing at a distance like some splendid flower above the herbage. At intervals of two or three

minutes he soars vertically up to a height of twenty or twenty-five yards to utter his song, composed of a single long, powerful and rather musical note, ending with an attempt at a flourish, during which the bird flutters and turns about in the air; then, as if discouraged at his failure, he drops down, emitting harsh, guttural chirps, to resume his stand. Meanwhile the female is invisible, keeping closely concealed under the long grass. But at length, attracted perhaps by the bright hoarse and aerial music of the male, she occasionally exhibits herself for a few moments, starting up with a wild zigzag flight, and, darting this way and that, presently drops into the grass once more. The moment she appears above the grass the male gives chase, and they vanish from sight together."

"Courtship with the mallard," says J. G. Millais (*Natural History of British Ducks*, p. 6), "appears to be carried on by both sexes, though generally three or four drakes are seen showing themselves off to attract the attention of a single duck. Swimming round her, in a coy and semi-self-conscious manner, they now and again all stop quite still, nod, bow, and throw their necks out in token of their admiration and their desire of a favorable response. But the most interesting display is when all the drakes simultaneously stand up in the water and rapidly pass their bills down their breasts, uttering at the same time a low single note somewhat like the first half of the call that teal and pintail make when 'showing off.' At other times the love-making of the drake seems to be rather passive than active. While graciously allowing himself to be courted, he holds his head high with conscious pride, and accepts as a matter of course any attention that may be paid to him. A proud bird is he when three or four ducks come swimming along beside and around him, uttering a curious guttural note, and at the same time dipping their bills in quick succession to right and left. He knows what that means, and carries himself with even greater dignity than before. In the end, however, he must give in. As a last appeal, one of his lady lovers may coyly lower herself in the water till only the top of her back, head, and neck is seen, and so fascinating an advance as this no drake of any sensibility can withstand."

The courting of the Argus pheasant, noted for the extreme beauty of the male's plumage, was observed by H. O. Forbes in Sumatra. It is the habit of this bird to make "a large circus, some ten or twelve feet in diameter, in the forest, which it clears of every leaf and twig and branch, till the ground is perfectly swept and garnished. On the margin of this circus there is invariably a projecting branch or high-arched root, at a few feet elevation above the ground, on which the female bird takes its place, while in the ring the male—the male birds alone possess great decoration—shows off all its magnificence for the gratification and

pleasure of his consort and to exalt himself in her eyes." (H. O. Forbes, *A Naturalist's Wanderings*, 1885, p. 131.)

"All ostriches, adults as well as chicks, have a strange habit known as 'waltzing.' After running for a few hundred yards they will also stop, and, with raised wings, spin around rapidly for some time after until quite giddy, when a broken leg occasionally occurs. . . . Vicious cocks 'roll' when challenging to fight or when wooing the hen. The cock will suddenly bump down on to his knees (the ankle-joint), open his wings, and then swing them alternately backward and forward, as if on a pivot. . . . While rolling, every feather over the whole body is on end, and the plumes are open, like a large white fan. At such a time the bird sees very imperfectly, if at all; in fact, he seems so preoccupied that, if pursued, one may often approach unnoticed. Just before rolling, a cock, especially if courting the hen, will often run slowly and daintily on the points of his toes, with neck slightly inflated, upright, and rigid, the tail half-drooped, and all his body-feathers fluffed up; the wings raised and expanded, the inside edges touching the sides of the neck for nearly the whole of its length, and the plumes showing separately, like an open fan. In no other attitude is the splendid beauty of his plumage displayed to such advantage." (S. C. Cronwright Schreiner, "The Ostrich," *Zoölogist*, March, 1897.)

As may be seen from the foregoing fairly typical examples, the phenomena of courtship are highly developed, and have been most carefully studied, in animals outside the mammal series. It may seem a long leap from birds to man; yet, as will be seen, the phenomena among primitive human peoples, if not, indeed, among many civilized peoples also, closely resemble those found among birds, though, unfortunately, they have not usually been so carefully studied.

In Australia, where dancing is carried to a high pitch of elaboration, its association with the sexual impulse is close and unmistakable. Thus, Mr. Samuel Gason (of whom it has been said that "no man living has been more among blacks or knows more of their ways") remarks concerning a dance of the Dieyerie tribe: "This dance men and women only take part in, in regular form and position, keeping splendid time to the rattle of the beat of two boomerangs; some of the women keep time by clapping their hands between their thighs; promiscuous sexual intercourse follows after the dance; jealousy is forbidden." Again, at the Mobierrie, or rat-harvest, "many weeks' preparation before the dance comes off; no quarreling is allowed; promiscuous sexual intercourse during the ceremony." The fact that jealousy is forbidden at these festivals clearly indicates that sexual intercourse is a recognized and probably essential element in the ceremonies. This is further emphasized by the fact that at other festivals open sexual intercourse

is not allowed. Thus, at the Mindarie, or dance at a peace festival (when a number of tribes comes together), "there is great rejoicing at the coming festival, which is generally held at the full of the moon, and kept up all night. The men are artistically decorated with down and feathers, with all kinds of designs. The down and feathers are stuck on their bodies with blood freshly taken from their penis; they are also nicely painted with various colors; tufts of boughs are tied on their ankles to make a noise while dancing. Promiscuous sexual intercourse is carried on *secretly*; many quarrels occur at this time." (*Journal of the Anthropological Institute*, vol. xxiv, November, 1894, p. 174.)

In Australian dances, sometimes men and women dance together, sometimes the men dance alone, sometimes the women. In one dance described by Eyre: "Women are the chief performers; their bodies are painted with white streaks, and their hair adorned with cockatoo feathers. They carry large sticks in their hands, and place themselves in a row in front, while the men with their spears stand in a row behind them. They then all commence their movements, but without intermingling, the males and females dancing by themselves. The women have occasionally another mode of dancing, by joining the hands together over the head, closing the feet, and bringing the knees into contact. The legs are then thrown outward from the knee, while the feet and hands are kept in their original position, and, being drawn quickly in again, a sharp sound is produced by the collision. This is also practised alone by young girls or by several together for their own amusement. It is adopted also when a single woman is placed in front of a row of male dancers to excite their passions." (E. J. Eyre, *Journals of Expeditions into Central Australia*, vol. ii, p. 235.)

A charming Australian folk-tale concerning two sisters with wings, who disliked men, and their wooing by a man, clearly indicates, even among the Australians (whose love-making is commonly supposed to be somewhat brutal in character), the consciousness that it is by his beauty, charm, and skill in courtship that a man wins a woman. Unahanach, the lover, stole unperceived to the river where the girls were bathing and at last showed himself carelessly sitting on a high tree. The girls were startled, but thought it would be safe to amuse themselves by looking at the intruder. "Young and with the most active figure, yet of a strength that defied the strongest emu, and even enabled him to resist an 'old man' kangaroo, he had no equal in the chase, and conscious power gave a dignity to his expression that at once calmed the fears of the two girls. His large brilliant eyes, shaded by a deep fringe of soft black eyelashes, gazed down upon them admiringly, and his rich black hair hung around his well-formed face, smooth and shining from the emu-oil with which it was abundantly

covered." At last he persuaded them to talk and by and by induced them to call him husband. Then they went off with him, with no thought of flight in their hearts. ("Australian Folklore Stories," collected by W. Dunlop, *Journal of the Anthropological Institute*, new series, vol. i, 1898, p. 3.)

Of the people of Torres Straits Haddon states (*Reports Anthropological Expedition to Torres Straits*, vol. v, p. 222): "It was during the secular dance, or *Kap*, that the girls usually lost their hearts to the young men. A young man who was a good dancer would find favor in the sight of the girls. This can be readily understood by anyone who has seen the active, skilful, and fatiguing dances of these people. A young man who could acquit himself well in these dances must be possessed of no mean strength and agility, qualities which everywhere appeal to the opposite sex. Further, he was decorated, according to local custom, with all that would render him more imposing in the eyes of the spectators. As the former chief of Mabuiag put it, 'In England if a man has plenty of money, women want to marry him; so here, if a man dances well they too want him.' In olden days the war-dance, which was performed after a successful foray, would be the most powerful excitement to a marriageable girl, especially if a young man had distinguished himself sufficiently to bring home the head of someone he had killed."

Among the tribes inhabiting the mouth of the Wanigela River, New Guinea, "when a boy admires a girl, he will not look at her, speak to her, or go near her. He, however, shows his love by athletic bounds, posing, and pursuit, and by the spearing of imaginary enemies, etc., before her, to attract her attention. If the girl reciprocates his love she will employ a small girl to give to him an *ugauga gauna*, or love invitation, consisting of an areca-nut whose skin has been marked with different designs, significant of her wish to *ugauga*. After dark he is apprised of the place where the girl awaits him; repairing thither, he seats himself beside her as close as possible, and they mutually share in the consumption of the betel-nut." This constitutes betrothal; henceforth he is free to visit the girl's house and sleep there. Marriages usually take place at the most important festival of the year, the *kapa*, preparations for which are made during the three previous months, so that there may be a bountiful and unfailing supply of bananas. Much dancing takes place among the unmarried girls, who, also, are tattooed at this time over the whole of the front of the body, special attention being paid to the lower parts, as a girl who is not properly tattooed there possesses no attraction in the eyes of young men. Married women and widows and divorced women are not forbidden to take part in these dances, but it would be considered ridia

ulous for them to do so. (R. E. Guise, "On the Tribes of the Wanigek River," *Journal of the Anthropological Institute*, new series, vol. i, 1899, pp. 209, 214 et seq.)

In the island of Nias in the Malay Archipelago, Modigliani (mainly on the excellent authority of Sundermann, the missionary) states, at a wedding "dancing and singing go on throughout the day. The women, two or three at a time, a little apart from the men, take part in the dancing, which is very well adapted to emphasize the curves of the flanks and the breasts, though at the same time the defects of their legs are exhibited in this series of rhythmic contortions which constitute a Nias dance. The most graceful movement they execute is a lascivious undulation of the flanks while the face and breast are slowly wound round by the *sarong* [a sort of skirt] held in the hands, and then again revealed. These movements are executed with jerks of the wrist and contortions of the flanks, not always graceful, but which excite the admiration of the spectators, even of the women, who form in groups to sing in chorus a compliment, more or less sincere, in which they say: 'They dance with the grace of birds when they fly. They dance as the hawk flies; it is lovely to see.' They sing and dance both at weddings and at other festivals." (Elio Modigliani, *Un Viaggio a Nias*, 1890, p. 549.)

In Sumatra Marsden states that chastity prevails more, perhaps, than among any other people: "But little apparent courtship precedes their marriages. Their manners do not admit of it, the *boojong* and *geddas* (youths of each sex) being carefully kept asunder and the latter seldom trusted from under the wings of their mothers. . . . The opportunities which the young people have of seeing and conversing with each other are at the *birnbangs*, or public festivals. On these occasions the young people meet together and dance and sing in company. The men, when determined in their regard, generally employ an old woman as their agent, by whom they make known their sentiments, and send presents to the female of their choice. The parents then interfere, and the preliminaries being settled, a *birnbang* takes place. The young women proceed in a body to the upper end of the *balli* (hall), where there is a part divided off for them by a curtain. They do not always make their appearance before dinner, that time, previous to a second or third meal, being appropriated to cock-fighting or other diversions peculiar to men. In the evening their other amusements take place, of which the dances are the principal. These are performed either singly or by two women, two men, or with both mixed. Their motions and attitudes are usually slow, approaching often to the lascivious. They bend forward as they dance, and usually carry a fan, which they close and strike smartly against their elbows at particular

cadences. . . . The assembly seldom breaks up before daylight and these *bimbangs* are often continued for several days together. The young men frequent them in order to look out for wives, and the lasses of course set themselves off to the best advantage. They wear their best silken dresses, of their own weaving, as many ornaments of filigree as they possess, silver rings upon their arms and legs, and ear-rings of a particular construction. Their hair is variously adorned with flowers, and perfumed with oil of benjamin. Civet is also in repute, but more used by the men. To render their skin fine, smooth, and soft they make use of a white cosmetic called *poopoor* [a mixture of ginger, patch-leaf, maize, sandal-wood, fairy-cotton, and mush-seed with a basis of fine rice].” (W. Marsden, *History of Sumatra*, 1783, p. 230.)

The Alfuras of Seram in the Moluccas, who have not yet been spoilt by foreign influences, are very fond of music and dancing. Their *malu* dances, which take place at night, have been described by Joest: “Great torches of dry bamboos and piles of burning resinous leaves light up the giant trees to their very summits and reveal in the distance the little huts which the Alfuras have built in the virgin forests, as well as the skulls of the slain. The women squat together by the fire, making a deafening noise with the gongs and the drums, while the young girls, richly adorned with pearls and fragrant flowers, await the beginning of the dance. Then appear the men and youths without weapons, but in full war-costume, the girdle freshly marked with the number of slain enemies. [Among the Alfuras it is the man who has the largest number of heads to show who has most chance of winning the object of his love.] They hold each other’s arms and form a circle, which is not, however, completely closed. A song is started, and with small, slow steps this ring of bodies, like a winding snake, moves sideways, backward, closes, opens again, the steps become heavier, the songs and drums louder, the girls enter the circle and with closed eyes grasp the girdle of their chosen youths, who clasp them by the hips and necks, the chain becomes longer and longer, the dance and song more ardent, until the dancers grow tired and disappear in the gloom of the forest.” (W. Joest, *Welt-Fahrt*, 1896, Bd. ii, p. 159.)

The women of the New Hebrides dance, or rather sway, to and fro in the midst of a circle formed by the men, with whom they do not directly mingle. They leap, show their genital parts to the men, and imitate the movements of coitus. Meanwhile the men unfasten the *manou* (penis-wrap) from their girdles with one hand, with the other imitating the action of seizing a woman, and, excited by the women, also go through a mock copulation. Sometimes, it is said, the dancers masturbate. This takes place amid plaintive songs, interrupted from time to time by loud cries and howls. (*Untrodden Fields of Anthropology*, by a French army-surgeon, 1898, vol. ii, p. 341.)

Among the hill tribes of the Central Indian Hills may be traced a desire to secure communion with the spirit of fertility embodied in vegetation. This appears, for instance, in a tree-dance, which is carried out on a date associated not only with the growths of the crops or with harvest, but also with the seasonal period for marriage and the annual Saturnalia. (W. Crooke, "The Hill Tribes," *Journal of the Anthropological Institute*, new series, vol. i, 1899, p. 243.) The association of dancing with seasonal ritual festivals of a generative character—of which the above is a fairly typical instance—leads us to another aspect of these phenomena on which I have elsewhere touched in these *Studies* (vol. i) when discussing the "Phenomena of Periodicity."

The Tahitians, when first discovered by Europeans, appear to have been highly civilized on the sexual side and very licentious. Yet even at Tahiti, when visited by Cook, the strict primitive relationship between dancing and courtship still remained traceable. Cook found "a dance called Timorodee, which is performed by young girls, whenever eight or ten of them can be collected together, consisting of motions and gestures beyond imagination wanton, in the practice of which they are brought up from their earliest childhood, accompanied by words which, if it were possible, would more explicitly convey the same ideas. But the practice which is allowed to the virgin is prohibited to the woman from the moment that she has put these hopeful lessons in practice and realized the symbols of the dance." He added, however, that among the specially privileged class of the Areoi these limitations were not observed, for he had heard that this dance was sometimes performed by them as a preliminary to sexual intercourse. (Hawkesworth, *An Account of the Voyages*, etc., 1775, vol. ii, p. 54.)

Among the Marquesans at the marriage of a woman, even of high rank, she lies with her head at the bridegroom's knees and all the male guests come in single file, singing and dancing—those of lower class first and the great chiefs last—and have connection with the woman. There are often a very large number of guests and the bride is sometimes so exhausted at the end that she has to spend several days in bed. (Tautain, "Etude sur le Mariage chez les Polynésiens," *L'Anthropologie*, November-December, 1895, p. 642.) The interesting point for us here is that singing and dancing are still regarded as a preliminary to a sexual act. It has been noted that in sexual matters the Polynesians, when first discovered by Europeans, had largely gone beyond the primitive stage, and that this applies also to some of their dances. Thus the *hula-hula* dance, while primitive in origin, may probably be compared more to a civilized than to a primitive dance, since it has become divorced from real life. In the same way, while the sexual pantomime dance of the Azimba girls of central Africa has a direct and recognized

relationship to the demands of real life, the somewhat allied *danses du ventre* of the Hamitic peoples of northern Africa are merely an amusement, a play more or less based on the sexual instinct. At the same time it is important to bear in mind that there is no rigid distinction between dances that are, and those that are not, primitive. As Haddon truly points out in a book containing valuable detailed descriptions of dances, even among savages dances are so developed that it is difficult to trace their origin, and at Torres Straits, he remarks, "there are certainly play or secular dances, dances for pure amusement without any ulterior design." (A. C. Haddon, *Head Hunters*, p. 233.) When we remember that dancing had probably become highly developed long before man appeared on the earth, this difficulty in determining the precise origin of human dancing cannot cause surprise.

Spix and Martius described how the Muras of Brazil by moonlight would engage all night in a Bacchantic dance in a great circle, hand in hand, the men on one side, the women on the other, shouting out all the time, the men "Who will marry me?" the women, "You are a beautiful devil; all women will marry you." (Spix and Martius, *Reise in Brasilien*, 1831, vol. iii, p. 1117.) They also described in detail the dance of the Brazilian Puris, performed in a state of complete nakedness, the men in a row, the women in another row behind them. They danced backward and forward, stamping and singing, at first in a slow and melancholy style, but gradually with increasing vigor and excitement. Then the women began to rotate the pelvis backward and forward, and the men to thrust their bodies forward, the dance becoming a pantomimic representation of sexual intercourse (*ibid.*, vol. i, 1823, pp. 373-5).

Among the Apinages of Brazil, also, the women stand in a row, almost motionless, while the men dance and leap in front of them, both men and women at the same time singing. (Buscalioni, "Reise zu den Apinages," *Zeitschrift für Ethnologie*, 1899, ht. 6, p. 650.)

Among the Gilas of New Mexico, "when a young man sees a girl whom he desires for a wife, he first endeavors to gain the good-will of the parents; this accomplished, he proceeds to serenade his lady-love, and will often sit for hours, day after day, near her home, playing on his flute. Should the girl not appear, it is a sign she rejects him; but if, on the other hand, she comes out to meet him, he knows that his suit is accepted, and he takes her to his home. No marriage ceremony is performed."¹ (H. H. Bancroft, *Native Races of the Pacific*, vol. i, p. 549.)

¹ It may be noted that the marriage ceremony itself is often of the nature of a courtship, a symbolic courtship, embodying a method of attaining tumescence. As Crawley, who has brought out this point,

"Among the Minnetarees a singular night-dance is, it is said, sometimes held. During this amusement an opportunity is given to the squaws to select their favorites. A squaw, as she dances, will advance to a person with whom she is captivated, either for his personal attractions or for his renown in arms; she taps him on the shoulder and immediately runs out of the lodge and betakes herself to the bushes, followed by the favorite. But if it should happen that he has a particular preference for another from whom he expects the same favor, or if he is restrained by a vow, or is already satiated with indulgence, he politely declines her offer by placing his hand in her bosom, on which they return to the assembly and rejoin the dance." It is worthy of remark that in the language of the Omahas the word *watche* applies equally to the amusement of dancing and to sexual intercourse. (S. H. Long, *Expedition to the Rocky Mountains*, 1823, vol. i, p. 337.)

At a Kaffir marriage "singing and dancing last until midnight. Each party [the bride's and the bridegroom's] dances in front of the other, but they do not mingle together. As the evening advances, the spirits and passions of all become greatly excited; and the power of song, the display of muscular action, and the gesticulations of the dancers and leapers are something extraordinary. The manner in which, at certain times, one man or woman, more excited than the rest, bounds from the ranks, leaps into the air, bounces forward, and darts backward beggars all description. These violent exercises usually close about midnight, when each party retires; generally, each man selects a paramour, and, indulging in sexual gratification, spends the remainder of the night." (W. C. Holden, *The Kaffir Race*, 1866, p. 192.)

At the initiation of Kaffir boys into manhood, as described by Holden, they were circumcised. "Cattle are then slaughtered by the parents, and the boys are plentifully supplied with flesh meat; a good deal of dancing also ensues at this stage of the proceedings. The *ukutshila* consists in attiring themselves with the leaves of the wild date in the most fantastic manner; thus attired they visit each of the kraals to which they belong in rotation, for the purpose of dancing. These dances are the most licentious which can be imagined. The women act a prominent part in them, and endeavor to excite the passions of the novices by performing all sorts of obscene gesticulations. As soon as the soreness occasioned by the act of circumcision is healed the boys are, as it were, let loose upon society, and exempted from nearly all the

puts it, "Marriage-rites of union are essentially identical with love charms," and he refers in illustration to the custom of the Australian Arunta, among whom the man or woman by making music on the bull-roarer compels a person of the opposite sex to court him or her, the marriage being thus completed. (E. Crawley, *The Mystic Rose*, p. 318.)

restraints of law; so that should they even steal and slaughter their neighbor's cattle they would not be punished; and they have the special privilege of seizing by force, if force be necessary, every unmarried woman they choose, for the purpose of gratifying their passions." Similar festivals take place at the initiation of girls. (W. C. Holden, *The Kaffir Race*, 1866, p. 185.)

The Rev. J. Macdonald has described the ceremonies and customs attending and following the initiation-rites of a young girl on her first menstruation among the Zulus between the Tugela and Delagoa Bay. At this time the girl is called an *intonjane*. A beast is killed as a thank-offering to the ancestral spirits, high revel is held for several days, and dancing and music take place every night till those engaged in it are all exhausted or daylight arrives. "After a few days and when dancing has been discontinued, young men and girls congregate in the outer apartment of the hut, and begin singing, clapping their hands, and making a grunting noise to show their joy. At nightfall most of the young girls who were the intonjane's attendants, leave for their own homes for the night, to return the following morning. Thereafter the young men and girls who gathered into the hut in the afternoon separate into pairs and sleep together *in puris naturalibus*, for that is strictly ordained by custom. Sexual intercourse is not allowed, but what is known as *metsha*, or *ukumetsha* is the sole purpose of the novel arrangement. *Ukumetsha* may be defined as partial intercourse. Every man who sleeps thus with a girl has to send to the father of the intonjane an assegai; should he have formed an attachment for his partner of the night and wish to pay her his addresses, he sends two assegais." (Rev. J. Macdonald, "Manners, etc., of South African Tribes," *Journal of the Anthropological Institute*, vol. xx, November, 1890, p. 117.)

Goncourt reports the account given him by a French officer from Senegal of the dances of the women, "a dance which is a gentle oscillation of the body, with gradually increasing excitement, from time to time a woman darting forward from the group to stand in front of her lover, contorting herself as though in a passionate embrace, and, on passing her hand between her thighs, showing it covered with the moisture of amorous enjoyment." (*Journal*, vol. ix, p. 79.) The dance here referred to is probably the Bamboula dance of the Wolofs, a spring festival which has been described by Pierre Loti in his *Roman d'un Spahi*, and concerning which various details are furnished by a French army-surgeon, acquainted with Senegal, in his *Untrodden Fields of Anthropology*. The dance, as described by the latter, takes place at night during full moon, the dancers, male and female, beginning timidly, but, as the beat of the tam-tams and the encouraging cries of the spectators become louder, the dance becomes more furious. The native

name of the dance is *anamalis fobil*, "the dance of the treading drake." "The dancer in his movements imitates the copulation of the great Indian duck. This drake has a member of a corkscrew shape, and a peculiar movement is required to introduce it into the duck. The woman tucks up her clothes and convulsively agitates the lower part of her body; she alternately shows her partner her vulva and hides it from him by a regular movement, backward and forward, of the body." (*Untrodden Fields of Anthropology*, Paris, 1898, vol. ii, p. 112.)

Among the Gurus of the Ivory Coast (Gulf of Guinea), Eyssérie observes, dancing is usually carried on at night and more especially by the men, and on certain occasions women must not appear, for if they assisted at fetichistic dances "they would die." Under other circumstances men and women dance together with ardor, not forming couples but often *vis-à-vis*: their movements are lascivious. Even the dances following a funeral tend to become sexual in character. At the end of the rites attending the funeral of a chief's son the entire population began to dance with ever-growing ardor; there was nothing ritualistic or sad in these contortions, which took on the character of a lascivious dance. Men and women, boys and girls, young and old, sought to rival each other in suppleness, and the festival became joyous and general, as if in celebration of a marriage or a victory. (Eyssérie, "La Côte d'Ivoire," *Nouvelles Archives des Missions Scientifiques*, tome ix, 1899, pp. 241-49.)

Mrs. French-Sheldon has described the marriage-rites she observed at Taveta in East Africa. "During this time the young people dance and carouse and make themselves generally merry and promiscuously drunk, carrying the excess of their dissipation to such an extent that they dance until they fall down in a species of epileptic fit." It is the privilege of the bridegroom's four groomsmen to enjoy the bride first, and she is then handed over to her legitimate husband. This people, both men and women, are "great dancers and merry-makers; the young fellows will collect in groups and dance as though in competition one with the other; one lad will dash out from the circle of his companions, rush into the middle of a circumscribed space, and scream out 'Wow, wow!' Another follows him and screams; then a third does the same. These men will dance with their knees almost rigid, jumping into the air until their excitement becomes very great and their energy almost spasmodic, leaving the ground frequently three feet as they spring into the air. At some of their festivals their dancing is carried to such an extent that I have seen a young fellow's muscles quiver from head to foot and his jaws tremble without any apparent ability on his part to control them, until, foaming at the mouth and with his eyes rolling, he falls in a paroxysm upon the ground, to be carried off by his compan-

ions." The writer adds significantly that this dancing "would seem to emanate from a species of voluptuousness." (Mrs. French-Sheldon, "Customs among the Natives of East Africa," *Journal of the Anthropological Institute*, vol. xxi, May, 1892, pp. 366-67.) It may be added that among the Suaheli dances are intimately associated with weddings; the Suaheli dances have been minutely described by Velten (*Sitte und Gebräuche der Suaheli*, pp. 144-175). Among the Akamba of British East Africa, also, according to H. R. Tate (*Journal of the Anthropological Institute*, Jan.-June, 1904, p. 137), the dances are followed by connection between the young men and girls, approved of by the parents.

The dances of the Faroe Islanders have been described by Raymond Pilet ("Rapport sur une Mission en Islande et aux Iles Féroë," *Nouvelles Archives des Missions Scientifiques*, tome vii, 1897, p. 285). These dances, which are entirely decorous, include poetry, music, and much mimicry, especially of battle. They sometimes last for two consecutive days and nights. "The dance is simply a permitted and discreet method by which the young men may court the young girls. The islander enters the circle and places himself beside the girl to whom he desires to show his affection; if he meets with her approval she stays and continues to dance at his side; if not, she leaves the circle and appears later at another spot."

Pitre (*Usi, etc., del Popolo Siciliano*, vol. ii, p. 24, as quoted in Marro's *Pubertà*) states that in Sicily the youth who wishes to marry seeks to give some public proof of his valor and to show himself off. In Chiaramonte, in evidence of his virile force, he bears in procession the standard of some confraternity, a high and richly adorned standard which makes its staff bend to a semicircle, of such enormous weight that the bearer must walk in a painfully bent position, his head thrown back and his feet forward. On reaching the house of his betrothed he makes proof of his boldness and skill in wielding this extremely heavy standard which at this moment seems a plaything in his hands, but may yet prove fatal to him through injury to the loins or other parts.

This same tendency, which we find in so highly developed a degree among animals and primitive human peoples, is also universal among the children of even the most civilized human races, although in a less organized and more confused way. It manifests itself as "showing-off." Sanford Bell, in his study of the emotion of love in children, finds that "showing-off" is an essential element in the love of children in what he terms the second stage (from the eighth to the twelfth year in girls and the fourteenth in boys). "It constitutes one of the chief numbers in the boy's repertory of love charms, and is not totally absent from the girl's. It is a most common sight to see the boys taxing their

resources in devising means of exposing their own excellencies, and often doing the most ridiculous and extravagant things. Running, jumping, dancing, prancing, sparring, wrestling, turning handsprings, somersaults, climbing, walking fences, swinging, giving yodels and yells, whistling, imitating the movements of animals, 'taking people off,' courting danger, affecting courage are some of its common forms. . . . This 'showing-off' in the boy lover is the forerunner of the skilful, purposive, and elaborate means of self-exhibition in the adult male and the charming coquetry in the adult female, in their love-relations." (Sanford Bell, "The Emotion of Love Between the Sexes," *American Journal Psychology*, July, 1902; cf. "Showing-off and Bashfulness," *Pedagogical Seminary*, June, 1903.)

If, in the light of the previous discussion, we examine such facts as those here collected, we may easily trace throughout the perpetual operations of the same instinct. It is everywhere the instinctive object of the male, who is very rarely passive in the process of courtship, to assure by his activity in display, his energy or skill or beauty, both his own passion and the passion of the female. Throughout nature sexual conjugation only takes place after much expenditure of energy.¹

¹ The more carefully animals are observed, the more often this is found to be the case, even with respect to species which possess no obvious and elaborate process for obtaining tumescence. See, for instance, the detailed and very instructive account—too long to quote here—given by E. Selous of the preliminaries to intercourse practised by a pair of great crested grebes, while nest-building. Intercourse only took place with much difficulty, after many fruitless invitations, more usually given by the female. ("Observational Diary of the Habits of the Great Crested Grebe," *Zoölogist*, September, 1901.) It is exactly the same with savages. The observation of Foley (*Bulletin de la Société d'Anthropologie de Paris*, November 6, 1879) that in savages "sexual erethism is very difficult" is of great significance and certainly in accordance with the facts. This difficulty of erethism is the real cause of many savage practices which to the civilized person often seem perverse; the women of the Caroline Islands, for instance, as described by Finsch, require the tongue or even the teeth to be applied to the clitoris, or a great ant to be applied to bite the parts, in order to stimulate orgasm. Westermarck, after quoting a remark of Mariner's concerning the women of Tonga,—“it must not be supposed that these women are always easily won; the greatest attentions and the most fervent solicitations are sometimes requisite, even though there be no other lover in the way,”—adds that these words “hold true for a great many, not to say all, savage and barbarous races now existing.” (*Human Marriage*, p. 163.) The old notions, however, as to the sexual licentiousness of peoples living in natural conditions have scarcely yet disappeared. See Appendix A: "The Sexual Instinct in Savages."

We are deceived by what we see among highly fed domesticated animals, and among the lazy classes of human society, whose sexual instincts are at once both unnaturally stimulated and unnaturally repressed, when we imagine that the instinct of detumescence is normally ever craving to be satisfied, and that throughout nature it can always be set off at a touch whenever the stimulus is applied. So far from the instinct of tumescence naturally needing to be crushed, it needs, on the contrary, in either sex to be submitted to the most elaborate and prolonged processes in order to bring about those conditions which detumescence relieves. A state of tumescence is not normally constant, and tumescence must be obtained before detumescence is possible.¹ The whole object of courtship, of the mutual approximation and caresses of two persons of the opposite sex, is to create the state of sexual tumescence.

It will be seen that the most usual method of attaining tumescence—a method found among the most various kinds of animals, from insects and birds to man—is some form of the dance. Among the Negritos of the Philippines dancing is described by A. B. Meyer as “jumping in a circle around a girl and stamping with the feet”; as we have seen, such a dance is, essentially, a form of courtship that is widespread among animals. “The true cake-walk,” again, Stanley Hall remarks, “as seen in the South is perhaps the purest expression of this impulse to courtship antics seen in man.”² Muscular movement of which the dance is the highest and most complex expression, is undoubtedly a method of autointoxication of the very greatest potency. All energetic movement, indeed, tends to produce active congestion. In its influence on the brain violent exercise may thus result in a state of intoxication even resembling insanity. As Lagrange remarks, the visible effects of exercise—

¹ In men a certain degree of tumescence is essential before coitus can be effected at all; in women, though tumescence is not essential to coitus, it is essential to orgasm and the accompanying physical and psychic relief. The preference which women often experience for prolonged coitus is not, as might possibly be imagined, due to sensuality, but has a profound physiological basis.

² Stanley Hall, *Adolescence*, vol. i, p. 223.

heightened color, bright eyes, resolute air and walk—are those of slight intoxication, and a girl who has waltzed for a quarter of an hour is in the same condition as if she had drunk champagne.¹ Groos regards the dance as, above all, an intoxicating play of movement, possessing, like other methods of intoxication, —and even apart from its relationship to combat and love,—the charm of being able to draw us out of our everyday life and lead us into a self-created dream-world.² That the dance is not only a narcotic, but also a powerful stimulant, we may clearly realize from the experiments which show that this effect is produced even by much less complex kinds of muscular movement. This has been clearly determined, for instance, by Féré, in the course of a long and elaborate series of experiments dealing with the various influences that modify work as measured by Mosso's ergograph. This investigator found that muscular movement is the most efficacious of all stimulants in increasing muscular power.³ It is easy to trace these pleasurable effects of combined narcotic and stimulant motion in everyday life and it is unnecessary to enumerate its manifestations.⁴

¹ See Lagrange's *Physiology of Bodily Exercise*, especially chapter ii. It is a significant fact that, as Sergi remarks (*Les Emotions*, p. 330), the physiological results of dancing are identical with the physiological results of pleasure.

² Groos, *Spiele der Menschen*, p. 112. Zmigrodzki (*Die Mutter bei den Völkern des Arischen Stammes*, p. 414 et seq.) has an interesting passage describing the dance—especially the Russian dance—in its orgiastic aspects.

³ Féré, "L'Influence sur le Travail Volontaire d'un muscle de l'activité d'autres muscles," *Nouvelles Iconographie de la Salpêtrière*, 1901.

⁴ "The sensation of motion," Kline remarks ("The Migratory Impulse," *American Journal of Psychology*, October, 1898, p. 62), "as yet but little studied from a pleasure-pain standpoint, is undoubtedly a pleasure-giving sensation. For Aristippus the end of life is pleasure, which he defines as gentle motion. Motherhood long ago discovered its virtue as furnished by the cradle. Galloping to town on the parental knee is a pleasing pastime in every nursery. The several varieties of swings, the hammock, see-saw, flying-jenny, merry-go-round, shooting the chutes, sailing, coasting, rowing, and skating, together with the fondness of children for rotating rapidly in one spot until dizzy and for jumping from high places, are all devices and sports for stimulating the sense of motion. In most of these modes of motion the body is passive or semipassive, save in such motions as skating and rotating on the feet.

Dancing is so powerful an agent on the organism, as Sergi truly remarks (*Les Emotions*, p. 288), because its excitation is general, because it touches every vital organ, the higher centers no longer dominating. Primitive dancing differs very widely from that civilized kind of dancing—finding its extreme type in the ballet—in which energy is concentrated into the muscles below the knee. In the finest kinds of primitive dancing all the limbs, the whole body, take part. For instance, “the Marquisan girls,” Herman Melville remarked in *Typee*, “dance all over, as it were; not only do their feet dance, but their arms, hands, fingers,—ay, their very eyes seem to dance in their heads. In good sooth, they so sway their floating forms, arch their necks, toss aloft their naked arms, and glide, and swim, and whirl,” etc.

If we turn to a very different people, we find this characteristic of primitive dancing admirably illustrated by the missionary, Holden, in the case of Kaffir dances. “So far as I have observed,” he states, “the perfection of the art or science consists in their *being able to put every part of the body into motion at the same time*. And as they are naked, the bystander has a good opportunity of observing the whole process, which presents a remarkably odd and grotesque appearance,—the head, the trunk, the arms, the legs, the hands, the feet, bones, muscles, sinews, skin, scalp, and hair, each and all in motion at the same time, with feathers waving, tails of monkeys and wild beasts dangling, and shields beating, accompanied with whistling, shouting, and leaping. It would appear as though the whole frame was hung on springing wires or cords. Dances are held in high repute, being the natural expression of joyous emotion, or creating it when absent. There is, perhaps, no exercise in greater accordance with the sentiments or feelings of a barbarous people, or more fully calculated to gratify their wild and ungoverned passions.” (W. C. Holden, *The Kaffir Race*, 1866, p. 274.)

Dancing, as the highest and most complex form of muscular movement, is the most potent method of obtaining the organic excitement muscular movement yields, and thus we understand how from the earliest zoölogical ages it has been brought to the service of the sexual instinct as a mode of attaining tumescence. Among savages this use of dancing works harmoniously with the various other uses which dancing possesses in primi-

The passiveness of the body precludes any important contribution of stimuli from kinesthetic sources. The stimuli are probably furnished, as Dr. Hall and others have suggested, by a redistribution of fluid pressure (due to the unusual motions and positions of the body) to the inner walls of the several vascular systems of the body.”

tive times and which cause it to occupy so large and vital a part in savage life that it may possibly even affect the organism to such an extent as to mold the bones; so that some authorities have associated platycnemias with dancing. As civilization advances, the other uses of dancing fall away, but it still remains a sexual stimulant. Burton, in his *Anatomy of Melancholy*, brings forward a number of quotations from old authors showing that dancing is an incitement to love.¹

The Catholic theologians (Debreyne, *Mœchologie*, pp. 190-199) for the most part condemn dancing with much severity. In Protestant Germany, also, it is held that dance meetings and musical gatherings are frequent occasions of unchastity. Thus in the Leipzig district when a girl is asked "How did you fall?" she nearly always replies "At the dance." (*Die Geschlechtlich-Sittliche Verhältnisse im Deutschen Reiche*, vol. i, p. 196.) It leads quite as often, and no doubt oftener, to marriage. Rousseau defended it on this account (*Nouvelle Héloïse*, bk. iv, letter x); dancing is, he held, an admirable preliminary to courtship, and the best way for young people to reveal themselves to each other, in their grace and decorum, their qualities and defects, while its publicity is its safeguard. An International Congress of Dancing Masters was held at Barcelona in 1907. In connection with this Congress, Giraudet, president of the International Academy of Dancing Masters, issued an inquiry to over 3000 teachers of dancing throughout the world in order to ascertain the frequency with which dancing led to marriage. Of over one million pupils of dancing, either married or engaged to be married, it was found that in most countries more than 50 per cent. met their conjugal partners at dances. The smallest proportion was in Norway, with only 39 per cent., and the highest, Germany, with 97 per cent. Intermediate are France, 83 per cent.; America, 80 per cent.; Italy, 70 per cent.; Spain, 68 per cent.; Holland, Bulgaria, and England, 65 per cent.; Australia and Roumania, 60 per cent., etc. Of the teachers themselves 92 per cent. met their partners at dances. (Quoted from the *Figaro* in Beiblatt "Sexualreform" to *Geschlecht und Gesellschaft*, 1907, p. 175.)

In civilization, however, dancing is not only an incitement to love and a preliminary to courtship, but it is often a substitute for the normal gratification of the sexual instinct, procuring something of the pleasure and relief of gratified love. In occa-

¹ *Anatomy of Melancholy*, part iii, sect. ii, mem. ii, subs. iv.

sional abnormal cases this may be consciously realized. Thus Sadger, who regards the joy of dancing as a manifestation of "muscular eroticism," gives the case of a married hysterical woman of 21, with genital anesthesia, but otherwise strongly developed skin eroticism, who was a passionate dancer: "I often felt as though I was giving myself to my partner in dancing," she said, "and was actually having coitus with him. I have the feeling that in me dancing takes the place of coitus."¹ Normally something of the same feeling is experienced by many young women, who will expend a prodigious amount of energy in dancing, thus procuring, not fatigue, but happiness and relief.² It is significant that, after sexual relations have begun, girls generally lose much of their ardor in dancing. Even our modern dances, it is worthy of note, are often of sexual origin; thus, the most typical of all, the waltz, was originally (as Schaller, quoted by Groos, states) the close of a complicated dance which "represented the romance of love, the seeking and the fleeing, the playful sulking and shunning, and finally the jubilation of the wedding."³

Not only is movement itself a source of tumescence, but even the spectacle of movement tends to produce the same effect. The pleasure of witnessing movement, as represented by its stimulating effect on the muscular system,—for states of well-being are accompanied by an increase of power,—has been found susceptible of exact measurement by Féré. He

¹ Sadger, "Haut-, Schleimhaut-, und Muskel-erotik," *Jahrbuch für psychoanalytische Forschungen*, Bd. iii, 1912, p. 556.

² Marro (*Puberità*, p. 387 *et seq.*) has some observations on this point. It was an insight into this action of dancing which led the Spanish clergy of the eighteenth century to encourage the national enthusiasm for dancing (as Baretti informs us) in the interests of morality.

³ It is scarcely necessary to remark that a primitive dance, even when associated with courtship, is not necessarily a sexual pantomime; as Wallaschek, in his comprehensive survey of primitive dances, observes, it is more usually an animal pantomime, but nonetheless connected with the sexual instinct, separation of the sexes, also, being no proof to the contrary. (Wallaschek, *Primitive Music*, pp. 211-13.) Grosse (*Anfänge der Kunst*, English translation, p. 228) has pointed out that the best dancer would be the best fighter and hunter, and that sexual selection and natural selection would thus work in harmony.

has shown that to watch a colored disk when in motion produced stronger muscular contractions, as measured by the dynamometer, than to watch the same disk when motionless. Even in the absence of color a similar influence of movement was noted, and watching a modified metronome produced a greater increase of work with the ergograph than when working to the rhythm of the metronome without watching it.¹ This psychological fact has been independently discovered by advertisers, who seek to impress the value of their wares on the public by the device of announcing them by moving colored lights. The pleasure given by the ballet largely depends on the same fact. Not only is dancing an excitation, but the spectacle of dancing is itself exciting, and even among savages dances have a public which becomes almost as passionately excited as the dancers themselves.² It is in virtue of this effect of dancing and similar movements that we so frequently find, both among the lower animals and savage man, that to obtain tumescence in both sexes, it is sufficient for one sex alone, usually the male, to take the active part. This point attracted the attention of Kulischer many years ago, and he showed how the dances of the men, among savages, excite the women, who watch them intently though unobtrusively, and are thus influenced in choosing their lovers. He was probably the first to insist that in man sexual selection has taken place mainly through the agency of dances, games, and festivals.³

It is now clear, therefore, why the evacuation theory of the sexual impulse must necessarily be partial and inadequate. It leaves out of account the whole of the phenomena connected with tumescence, and those phenomena constitute the most prolonged, the most important, the most significant stage of

¹ Féré, "Le plaisir de la vue du Mouvement," *Comptes-rendus de la Société de Biologie*, November 2, 1901; also *Travail et Plaisir*, ch. xxix.

² Groos repeatedly emphasizes the significance of this fact (*Spiele der Menschen*, pp. 81-9, 460 *et seq.*); Grosse (*Anfänge der Kunst*, p. 215) had previously made some remarks on this point.

³ M. Kulischer, "Die Geschlechtliche Zuchtwahl bei den Menschen in der Urzeit," *Zeitschrift für Ethnologie*, 1876, p. 140 *et seq.*

the sexual process. It is during tumescence that the whole psychology of the sexual impulse is built up; it is as an incident arising during tumescence and influencing its course that we must probably regard nearly every sexual aberration. It is with the second stage of the sexual process, when the instinct of detumescence arises, that the analogy of evacuation can alone be called in. Even here, that analogy, though real, is not complete, the nervous element involved in detumescence being out of all proportion to the extent of the evacuation. The typical act of evacuation, however, is a nervous process, and when we bear this in mind we may see whatever truth the evacuation theory possesses. Beaunis classes the sexual impulse with the "needs of activity," but under this head he coordinates it with the "need of urination." That is to say, that both alike are nervous explosions. Micturition, like detumescence, is a convulsive act, and, like detumescence also, it is certainly connected with cerebral processes; thus in epilepsy the passage of urine which may occur (as in a girl described by Gowers with minor attacks during which it was emitted consciously, but involuntarily) is really a part of the process.¹

There appears, indeed, to be a special and intimate connection between the explosion of sexual detumescence and the explosive energy of the bladder; so that they may reinforce each other and to a limited extent act vicariously in relieving each other's tension. It is noteworthy that nocturnal and diurnal incontinence of urine, as well as "stammering" of the bladder, are all specially liable to begin or to cease at puberty. In men and even infants, distention of the bladder favors tumescence by producing venous congestion, though at the same time it acts as a physical hindrance to sexual detumescence²; in women—probably not from pressure alone, but from reflex nervous action—a full bladder increases both sexual excitement and pleasure, and I have been informed by several women that they have

¹ Sir W. R. Gowers, *Epilepsy*, 2d ed., 1901, pp. 61, 138.

² Guyon, *Leçons Cliniques sur les Maladies des Voies Urinaires*, 3d ed., 1896, vol. ii, p. 397.

independently discovered this fact for themselves and acted in accordance with it. Conversely, sexual excitement increases the explosive force of the bladder, the desire to urinate is aroused, and in women the sexual orgasm, when very acute and occurring with a full bladder, is occasionally accompanied, alike in savage and civilized life, by an involuntary and sometimes full and forcible expulsion of urine.¹ The desire to urinate may possibly be, as has been said, the normal accompaniment of sexual excitement in women (just as it is said to be in mares; so that the Arabs judge that the mare is ready for the stallion when she urinates immediately on hearing him neigh). The association may even form the basis of sexual obsessions.² I have elsewhere shown that, of all the influences which increase the expulsive force of the bladder, sexual excitement is the most powerful.³ It may also have a reverse influence and inhibit contraction of the bladder, sometimes in association with shyness, but also independently of shyness. There is also reason to sup-

¹ See, e.g., Féré, *L'Instinct Sexuel*, pp. 222-23: Brantôme was probably the first writer in modern times who referred to this phenomenon. Macgillcuddy (*Functional Disorders of the Nervous System in Women*, p. 110) refers to the case of a lady who always had sudden and uncontrollable expulsion of urine whenever her husband even began to perform the marital act, on which account he finally ceased intercourse with her. Kubary states that in Ponape (Western Carolines) the men are accustomed to titillate the vulva of their women with the tongue until the excitement is so intense that involuntary emission of urine takes place; this is regarded as the proper moment for intercourse.

² Thus Pitres and Régis (*Transactions of the International Medical Congress, Moscow*, vol. iv, p. 19) record the case of a young girl whose life was for some years tormented by a groundless fear of experiencing an irresistible desire to urinate. This obsession arose from once seeing at a theater a man whom she liked, and being overcome by sexual feeling accompanied by so strong a desire to urinate that she had to leave the theater. An exactly similar case in a young woman of erotic temperament, but prudish, has been recorded by Freud (*Zur Neurosenlehre*, Bd. i, p. 54). Morbid obsessions of modesty involving the urinary sphere and appearing at puberty are evidently based on transformed sexual emotion. Such a case has been recorded by Marandon de Montyel (*Archives de Neurologie*, vol. xii, 1901, p. 36); this lady, who was of somewhat neuropathic temperament, from puberty onward, in order to be able to urinate found it necessary not only to be absolutely alone, but to feel assured that no one even knew what was taking place.

³ H. Ellis, "The Bladder as a Dynamometer," *American Journal of Dermatology*, May, 1902.

pose that the nervous energy expended in an explosion of the tension of the sexual organs may sometimes relieve the bladder; it is well recognized that a full bladder is a factor in producing sexual emissions during sleep, the explosive energy of the bladder being inhibited and passing over into the sexual sphere. Conversely, it appears that explosion of the bladder relieves sexual tension. An explosion of the nervous centers connected with the contraction of the bladder will relieve nervous tension generally; there are forms of epilepsy in which the act of urination constitutes the climax, and Gowers, in dealing with minor epilepsy, emphasizes the frequency of micturition, which "may occur with spasmodic energy when there is only the slightest general stiffness," especially in women. He adds the significant remark that it "sometimes seems to relieve the cerebral tension,"¹ and gives the case of a girl in whom the aura consisted mainly of a desire to urinate; if she could satisfy this the fit was arrested; if not she lost consciousness and a severe fit followed.

If micturition may thus relieve nervous tension generally, it is not surprising that it should relieve the tension of the centers with which it is most intimately connected. Sérieux records the case of a girl of 12, possessed by an impulse to masturbation which she was unable to control, although anxious to conquer it, who only found relief in the act of urination; this soothed her and to some extent satisfied the sexual excitement; when the impulse to masturbate was restrained the impulse to urinate became imperative; she would rise four or five times in the night for this purpose, and even urinate in bed or in her clothes to obtain the desired sexual relief.² I am acquainted with a lady who had a similar, but less intense, experience during childhood. Sometimes, especially in children, the act of urination becomes an act of gratification at the climax

¹ Sir W. Gowers, "Minor Epilepsy," *British Medical Journal*, January 6, 1900; *ib.*, *Epilepsy*, 2d ed., 1901, p. 106; see also H. Ellis, art. "Urinary Bladder, Influence of the Mind on the," in Tuke's *Dictionary of Psychological Medicine*.

² Sérieux, *Recherches Cliniques sur les Anomalies de l'Instinct Sexual*, p. 22.

of sexual pleasure, the imitative symbol of detumescence. Thus, Schultze-Malkowsky describes a little girl of 7 who would bribe her girl companions with little presents to play the part of horses on all fours while she would ride on their necks with naked thighs in order to obtain the pleasurable sensation of close contact. With one special friend she would ride facing backward, and leaning forward to embrace her body impulsively, and at the same time pressing the neck closely between her thighs, would urinate.¹ Féré has recorded the interesting case of a man who, having all his life after puberty been subject to monthly attacks of sexual excitement, after the age of 45 completely lost the liability to these manifestations, but found himself subject, in place of them, to monthly attacks of frequent and copious urination, accompanied by sexual day-dreams, but by no genital excitement.² Such a case admirably illustrates the compensatory relation of sexual and vesical excitation. This mutual interaction is easily comprehensible when we recall the very close nervous connection which exists between the mechanisms of the sexual organs and the bladder.

Nor are such relationships found to be confined to these two centers; in a lesser degree the more remote explosive centers are also affected; all motor influences may spread to related muscles; the convulsion of laughter, for instance, seems to be often in relation with the sexual center, and Groos has suggested that the laughter which, especially in the sexually minded, often follows allusions to the genital sphere is merely an effort to dispel nascent sexual excitement by liberating an explosion of nervous energy in another direction.³ Nervous

¹ Emil Schultze-Malkowsky, "Der Sexuelle Trieb in Kindesalter," *Geschlecht und Gesellschaft*, vol. ii, part 8, p. 372.

² Féré, "Note sur un Cas de Périodicité Sexuelle chez l'Homme," *Comptes-rendus Société de Biologie*, July 23, 1904.

³ It is a familiar fact that, in women, occasionally, a violent explosion of laughter may be propagated to the bladder-center and produce urination. "She laughed till she nearly wetted the floor," I have heard a young woman in the country say, evidently using without thought a familiar locution. Professor Bechterew has recorded the case of a young married lady who, from childhood, wherever she might be—in friends' houses, in the street, in her own drawing-room—had always

discharges tend to spread, or to act vicariously, because the motor centers are more or less connected.¹ Of all the physiological motor explosions, the sexual orgasm, or detumescence, is the most massive, powerful, and overwhelming. So volcanic is it that to the ancient Greek philosophers it seemed to be a minor kind of epilepsy. The relief of detumescence is not merely the relief of an evacuation; it is the discharge, by the most powerful apparatus for nervous explosion in the body, of the energy accumulated and stored up in the slow process of tumescence, and that discharge reverberates through all the nervous centers in the organism.

"The sophist of Abdera said that coitus is a slight fit of epilepsy, judging it to be an incurable disease." (Clement of Alexandria, *Pedagogus*, bk. ii, chapter x.) And Cœlius Aurelianus, one of the chief physicians of antiquity, said that "coitus is a brief epilepsy." Féré has pointed out that both these forms of nervous storm are sometimes accompanied by similar phenomena, by subjective sensations of sight or smell, for example; and that the two kinds of discharge may even be combined. (Féré, *Les Épileptiques*, pp. 283-84; also "Exces Vénériens et Épilepsie," *Comptes-rendus de la Société de Biologie*, April 3, 1897, and the same author's *Instinct Sexuel*, pp. 209, 221, and his "Priapisme

experienced an involuntary and forcible emission of urine, which could not be stopped or controlled, whenever she laughed; the bladder was quite sound and no muscular effort produced the same result. (W. Bechterew, *Neurologisches Centralblatt*, 1899.) In women these relationships are most easily observed, partly because in them the explosive centers are more easily discharged, and partly, it is probable, so far as the bladder is concerned, because, although after death the resistance to the emission of urine is notably less in women, during life about the same amount of force is necessary in both sexes; so that a greater amount of energy flows to the bladder in women, and any nervous storm or disturbance is thus specially apt to affect the bladder.

¹ "Every pain," remarks Marie de Manacéine, "produces a number of movements which are apparently useless: we cry out, we groan, we move our limbs, we throw ourselves from one side to the other, and at bottom all these movements are logical because by interrupting and breaking our attention they render us less sensitive to the pain. In the days before chloroform, skillful surgeons requested their patients to cry out during the operation, as we are told by Gratiolet, who could not explain so strange a fact, for in his time the antagonism of movements and attention was not recognized." (Marie de Manacéine, *Archives Italiennes de Biologie*, 1894, p. 250.) This antagonism of attention by movement is but another way of expressing the vicarious relationship of motor discharges.

Epileptique," *La Médecine Moderne*, February 4, 1899.) The epileptic convulsion in some cases involves the sexual mechanism, and it is noteworthy that epilepsy tends to appear at puberty. In modern times even so great a physician as Boerhaave said that coitus is a "true epilepsy," and more recently Roubaud, Hammond, and Kowalevsky have emphasized the resemblance between coitus and epilepsy, though without identifying the two states. Some authorities have considered that coitus is a cause of epilepsy, but this is denied by Christian, Strümpell, and Löwenfeld. (Löwenfeld, *Sexualleben und Nervenleiden*, 1899, p. 68.) Féré has recorded the case of a youth in whom the adoption of the practice of masturbation, several times a day, was followed by epileptic attacks which ceased when masturbation was abandoned. (Féré, *Comptes-rendus de la Société de Biologie*, April 3, 1897.)

It seems unprofitable at present to attempt any more fundamental analysis of the sexual impulse. Beaunis, in the work already quoted, vaguely suggests that we ought possibly to connect the sexual excitation which leads the male to seek the female with chemical action, either exercised directly on the protoplasm of the organism or indirectly by the intermediary of the nervous system, and especially by smell in the higher animals. Clevenger, Spitzka, Kiernan, and others have also regarded the sexual impulse as protoplasmic hunger, tracing it back to the presexual times when one protozoal form absorbed another. In the same way Joanny Roux, insisting that the sexual need is a need of the whole organism, and that "we love with the whole of our body," compares the sexual instinct to hunger, and distinguishes between "sexual hunger" affecting the whole system and "sexual appetite" as a more localized desire; he concludes that the sexual need is an aspect of the nutritive need.¹ Useful as these views are as a protest against too crude and narrow a conception of the part played by the sexual impulse, they carry us into a speculative region where proof is difficult.

¹ Joanny Roux, *Psychologie de l'Instinct Sexuel*, 1899, pp. 22-23. It is disputed whether hunger is located in the whole organism, and powerful arguments have been brought against the view. (W. Cannon, "The Nature of Hunger," *Popular Science Monthly*, Sept., 1912.) Thirst is usually regarded as organic (A. Mayer, *La Soif*, 1901).

We are now, however, at all events, in a better position to define the contents of the sexual impulse. We see that there are certainly, as Moll has indicated, two constituents in that impulse; but, instead of being unrelated, or only distantly related, we see that they are really so intimately connected as to form two distinct stages in the same process: a first stage, in which—usually under the parallel influence of internal and external stimuli—images, desires, and ideals grow up within the mind, while the organism generally is charged with energy and the sexual apparatus congested with blood; and a second stage, in which the sexual apparatus is discharged amid profound sexual excitement, followed by deep organic relief. By the first process is constituted the tension which the second process relieves. It seems best to call the first impulse the *process of tumescence*; the second the *process of detumescence*.¹ The first, taking on usually a more active form in the male, has the double object of bringing the male himself into the condition in which discharge becomes imperative, and at the same time arousing in the female a similar ardent state of emotional excitement and sexual turgescence. The second process has the object, directly, of discharging the tension thus produced and, indirectly, of effecting the act by which the race is propagated.

It seems to me that this is at present the most satisfactory way in which we can attempt to define the sexual impulse.

¹ If there is any objection to these terms it is chiefly because they have reference to vascular congestion rather than to the underlying nervous charging and discharging, which is equally fundamental, and in man more prominent than the vascular phenomena.

LOVE AND PAIN.

I.

The Chief Key to the Relationship between Love and Pain to be Found in Animal Courtship—Courtship a Source of Combativity and of Cruelty—Human Play in the Light of Animal Courtship—The Frequency of Crimes Against the Person in Adolescence—Marriage by Capture and its Psychological Basis—Man's Pleasure in Exerting Force and Woman's Pleasure in Experiencing it—Resemblance of Love to Pain even in Outward Expression—The Love-bite—In what Sense Pain may be Pleasurable—The Natural Contradiction in the Emotional Attitude of Women Toward Men—Relative Insensibility to Pain of the Organic Sexual Sphere in Women—The Significance of the Use of the Ampallang and Similar Appliances in Coitus—The Sexual Subjection of Women to Men in Part Explainable as the Necessary Condition for Sexual Pleasure.

THE relation of love to pain is one of the most difficult problems, and yet one of the most fundamental, in the whole range of sexual psychology. Why is it that love inflicts, and even seeks to inflict, pain? Why is it that love suffers pain, and even seeks to suffer it? In answering that question, it seems to me, we have to take an apparently circuitous route, sometimes going beyond the ostensible limits of sex altogether; but if we can succeed in answering it we shall have come very near one of the great mysteries of love. At the same time we shall have made clear the normal basis on which rest the extreme aberrations of love.

The chief key to the relationship of love to pain is to be found by returning to the consideration of the essential phenomena of courtship in the animal world generally. Courtship is a play, a game; even its combats are often, to a large extent, mock-combats; but the process behind it is one of terrible earnestness, and the play may at any moment become deadly. Courtship tends to involve a mock-combat between males for the possession of the female which may at any time become a real combat; it is a pursuit of the female by the

male which may at any time become a kind of persecution; so that, as Colin Scott remarks, "Courting may be looked upon as a refined and delicate form of combat." The note of courtship, more especially among mammals, is very easily forced, and as soon as we force it we reach pain.¹ The intimate and inevitable association in the animal world of combat—of the fighting and hunting impulses—with the process of courtship alone suffices to bring love into close connection with pain.

Among mammals the male wins the female very largely by the display of force. The infliction of pain must inevitably be a frequent indirect result of the exertion of power. It is even more than this; the infliction of pain by the male on the female may itself be a gratification of the impulse to exert force. This tendency has always to be held in check, for it is of the essence of courtship that the male should win the female, and she can only be won by the promise of pleasure. The tendency of the male to inflict pain must be restrained, so far as the female is concerned, by the consideration of what is pleasing to her. Yet, the more carefully we study the essential elements of courtship, the clearer it becomes that, playful as these manifestations may seem on the surface, in every direction they are verging on pain. It is so among animals generally; it is so in man among savages. "It is precisely the alliance of pleasure and pain," wrote the physiologist Burdach, "which constitutes the voluptuous emotion."

Nor is this emotional attitude entirely confined to the male. The female also in courtship delights to arouse to the highest degree in the male the desire for her favors and to withhold

¹ Various mammals, carried away by the reckless fury of the sexual impulse, are apt to ill-treat their females (R. Müller, *Sexualbiologie*, p. 123). This treatment is, however, usually only an incident of courtship, the result of excess of ardor. "The chaffinches and saffron-finches (*Fringilla* and *Sycalis*) are very rough wooers," says A. G. Butler (*Zoölogist*, 1902, p. 241); "they sing vociferously, and chase their hens violently, knocking them over in their flight, pursuing and savagely pecking them even on the ground; but when once the hens become submissive, the males change their tactics, and become for the time model husbands, feeding their wives from their crop, and assisting in rearing the young."

those favors from him, thus finding on her part also the enjoyment of power in cruelty. "One's cruelty is one's power," Millamant says in Congreve's *Way of the World*, "and when one parts with one's cruelty one parts with one's power."

At the outset, then, the impulse to inflict pain is brought into courtship, and at the same time rendered a pleasurable idea to the female, because with primitive man, as well as among his immediate ancestors, the victor in love has been the bravest and strongest rather than the most beautiful or the most skilful. Until he can fight he is not reckoned a man and he cannot hope to win a woman. Among the African Masai a man is not supposed to marry until he has blooded his spear, and in a very different part of the world, among the Dyaks of Borneo, there can be little doubt that the chief incentive to head-hunting is the desire to please the women, the possession of a head decapitated by himself being an excellent way of winning a maiden's favor.¹ Such instances are too well known to need multiplication here, and they survive in civilization, for, even among ourselves, although courtship is now chiefly ruled by quite other considerations, most women are in some degree emotionally affected by strength and courage. But the direct result of this is that a group of phenomena with which cruelty and the infliction of pain must inevitably be more or less allied is brought within the sphere of courtship and rendered agreeable to women. Here, indeed, we have the source of that love of cruelty which some have found so marked in women. This is a phase of courtship which helps us to understand how it is that, as we shall see, the idea of pain, having become associated with sexual emotion, may be pleasurable to women.

Thus, in order to understand the connection between love and pain, we have once more to return to the consideration, under a somewhat new aspect, of the fundamental elements in the sexual impulse. In discussing the "Evolution of Modesty" we found that the primary part of the female in court-

¹ Cf. A. C. Haddon, *Head Hunters*, p. 107.

ship is the playful, yet serious, assumption of the rôle of a hunted animal who lures on the pursuer, not with the object of escaping, but with the object of being finally caught. In considering the "Analysis of the Sexual Impulse" we found that the primary part of the male in courtship is by the display of his energy and skill to capture the female or to arouse in her an emotional condition which leads her to surrender herself to him, this process itself at the same time heightening his own excitement. In the playing of these two different parts is attained in both male and female that charging of nervous energy, that degree of vascular tumescence, necessary for adequate discharge and detumescence in an explosion by which sperm-cells and germ-cells are brought together for the propagation of the race. We are now concerned with the necessary interplay of the differing male and female rôles in courtship, and with their accidental emotional by-products. Both male and female are instinctively seeking the same end of sexual union at the moment of highest excitement. There cannot, therefore, be real conflict.¹ But there is the semblance of a conflict, an apparent clash of aim, an appearance of cruelty. Moreover,—and this is a significant moment in the process from our present point of view,—when there are rivals for the possession of one female there is always a possibility of actual combat, so tending to introduce an element of real violence, of undisguised cruelty, which the male inflicts on his rival and which the female views with satisfaction and delight in the prowess of the successful claimant. Here we are brought close to the zoological root of the connection between love and pain.²

¹ Marro considers that there may be transference of emotion,—the impulse of violence generated in the male by his rivals being turned against his partner,—according to a tendency noted by Sully and illustrated by Ribot in his *Psychology of the Emotions*, part i, chapter xii.

² Several writers have found in the facts of primitive animal courtship the explanation of the connection between love and pain. Thus, Krafft-Ebing (*Psychopathia Sexualis*, English translation of tenth German edition, p. 80) briefly notes that outbreaks of sadism are possibly atavistic. Marro (*La Pubertà*, 1898, p. 219 *et seq.*) has some suggestive pages on this subject. It would appear that this explanation was vaguely outlined by Jüger. Laserre, in a Bordeaux thesis mentioned

In his admirable work on play in man Groos has fully discussed the plays of combat (*Kampfspiele*), which begin to develop even in childhood and assume full activity during adolescence; and he points out that, while the impulse to such play certainly has a wider biological significance, it still possesses a relationship to the sexual life and to the rivalries of animals in courtship which must not be forgotten.¹

Nor is it only in play that the connection between love and combativity may still be traced. With the epoch of the first sexual relationship, Marro points out, awakes the instinct of cruelty, which prompts the youth to acts which are sometimes in absolute contrast to his previous conduct, and leads him to be careless of the lives of others as well as of his own life.² Marro presents a diagram showing how crimes against

by Féré, has argued in the same sense. Féré (*L'Instinct Sexuel*, p. 134), on grounds that are scarcely sufficient, regards this explanation as merely a superficial analogy. But it is certainly not a complete explanation.

¹ Schäfer (*Jahrbücher für Psychologie*, Bd. ii, p. 128, and quoted by Krafft-Ebing in *Psychopathia Sexualis*), in connection with a case in which sexual excitement was produced by the sight of battles or of paintings of them, remarks: "The pleasure of battle and murder is so predominantly an attribute of the male sex throughout the animal kingdom that there can be no question about the close connection between this side of the masculine character and male sexuality. I believe that I can show by observation that in men who are absolutely normal, mentally and physically, the first indefinite and incomprehensible precursors of sexual excitement may be induced by reading exciting scenes of chase and war. These give rise to unconscious longings for a kind of satisfaction in warlike games (wrestling, etc.) which express the fundamental sexual impulse to close and complete contact with a companion, with a secondary more or less clearly defined thought of conquest." Groos (*Spiele der Menschen*, 1899, p. 232) also thinks there is more or less truth in this suggestion of a subconscious sexual element in the playful wrestling combats of boys. Freud considers (*Drei Abhandlungen zur Sexualtheorie*, p. 49) that the tendency to sexual excitement through muscular activity in wrestling, etc., is one of the roots of sadism. I have been told of normal men who feel a conscious pleasure of this kind when lifted in games, as may happen, for instance, in football. It may be added that in some parts of the world the suitor has to throw the girl in a wrestling-bout in order to secure her hand.

² A minor manifestation of this tendency, appearing even in quite normal and well-conditioned individuals, is the impulse among boys at and after puberty to take pleasure in persecuting and hurting lower animals or their own young companions. Some youths display a dia-

the person in Italy rise rapidly from the age of 16 to 20 and reach a climax between 21 and 25. In Paris, Garnier states, crimes of blood are six times more frequent in adolescents (aged 16 to 20) than in adults. It is the same elsewhere.¹ This tendency to criminal violence during the age-period of courtship is a by-product of the sexual impulse, a kind of tertiary sexual character.

In the process of what is commonly termed "marriage by capture" we have a method of courtship which closely resembles the most typical form of animal courtship, and is yet found in all but the highest and most artificial stages of human society. It may not be true that, as MacLennan and others have argued, almost every race of man has passed through an actual stage of marriage by capture, but the phenomena in question have certainly been extremely widespread and exist in popular custom even among the highest races today. George Sand has presented a charming picture of such a custom, existing in France, in her *Mare au Diable*. Farther away, among the Kirghiz, the young woman is pursued by all her lovers, but she is armed with a formidable whip, which she does not hesitate to use if overtaken by a lover to whom she is not favorable. Among the Malays, according to early travelers, courtship is carried on in the water in canoes with double-bladed paddles; or, if no water is near, the damsel, stripped naked of all but a waistband, is given a certain start and runs off on foot followed by her lover. Vaughan Stevens in 1896 reported that this performance is merely a sport; but Skeat and Blagden, in their more recent and very elaborate investigations in the Malay States, find that it is a rite.

bolical enjoyment and ingenuity in torturing sensitive juniors, and even a boy who is otherwise kindly and considerate may find enjoyment in deliberately mutilating a frog. In some cases, in boys and youths who have no true sadistic impulse and are not usually cruel, this infliction of torture on a lower animal produces an erection, though not necessarily any pleasant sexual sensations.

¹Marro, *La Pubertà*, 1898, p. 223; Garnier, "La Criminalité Juvenile," *Comptes-rendus Congrès Internationale d'Anthropologie Criminelle*, Amsterdam, 1901, p. 296; *Archivio di Psichiatria*, 1899, fasc. v-vi, p. 572.

Even if we regard "marriage by capture" as simply a primitive human institution stimulated by tribal exigencies and early social conditions, yet, when we recall its widespread and persistent character, its close resemblance to the most general method of courtship among animals, and the emotional tendencies which still persist even in the most civilized men and women, we have to recognize that we are in presence of a real psychological impulse which cannot fail in its exercise to introduce some element of pain into love.

There are, however, two fundamentally different theories concerning "marriage by capture." According to the first, that of MacLennan, which, until recently, has been very widely accepted, and to which Professor Tylor has given the weight of his authority, there has really been in primitive society a recognized stage in which marriages were effected by the capture of the wife. Such a state of things MacLennan regarded as once world-wide. There can be no doubt that women very frequently have been captured in this way among primitive peoples. Nor, indeed, has the custom been confined to savages. In Europe we find that even up to comparatively recent times the abduction of women was not only very common, but was often more or less recognized. In England it was not until Henry VII's time that the violent seizure of a woman was made a criminal offense, and even then the statute was limited to women possessed of lands and goods. A man might still carry off a girl provided she was not an heiress; but even the abduction of heiresses continued to be common, and in Ireland remained so until the end of the eighteenth century. But it is not so clear that such raids and abductions, even when not of a genuinely hostile character, have ever been a recognized and constant method of marriage.

According to the second set of theories, the capture is not real, but simulated, and may be accounted for by psychological reasons. Fustel de Coulanges, in *La Cité Antique*,¹ discussing simulated marriage by capture among the Romans, mentioned the

¹ Bk. ii, ch. ii.

view that it was "a symbol of the young girl's modesty," but himself regarded it as an act of force to symbolize the husband's power. He was possibly alluding to Herbert Spencer, who suggested a psychological explanation of the apparent prevalence of marriage by capture based on the supposition that, capturing a wife being a proof of bravery, such a method of obtaining a wife would be practised by the strongest men and be admired, while, on the other hand, he considered that "female coyness" was "an important factor" in constituting the more formal kinds of marriage by capture ceremonial.¹ Westermarck, while accepting true marriage by capture, considers that Spencer's statement "can scarcely be disproved."² In his valuable study of certain aspects of primitive marriage Crawley, developing the explanation rejected by Fustel de Coulanges, regards the fundamental fact to be the modesty of women, which has to be neutralized, and this is done by "a ceremonial use of force, which is half real and half make-believe." Thus the manifestations are not survivals, but "arising in a natural way from normal human feelings. It is not the tribe from which the bride is abducted, nor, primarily, her family and kindred, but her *sex*"; and her "sexual characters of timidity, bashfulness, and passivity are sympathetically overcome by make-believe representations of male characteristic actions."³

It is not necessary for the present purpose that either of these two opposing theories concerning the origin of the customs and feelings we are here concerned with should be definitely rejected. Whichever theory is adopted, the fundamental psychic element which here alone concerns us still exists in-

¹ Herbert Spencer, *Principles of Sociology*, 1876, vol. i, p. 651.

² Westermarck, *Human Marriage*, p. 388. Grosse is of the same opinion; he considers also that the mock-capture is often an imitation, due to admiration, of real capture; he does not believe that the latter has ever been a form of marriage recognized by custom and law, but only "an occasional and punishable act of violence." (*Die Formen der Familie*, pp. 105-7.) This position is too extreme.

³ Ernest Crawley, *The Mystic Rose*, 1902, p. 350 *et seq.* Van Gemep rightly remarks that we cannot correctly say that the woman is abducted from "her sex," but only from her "sexual society."

tact.¹ It may be pointed out, however, that we probably have to accept two groups of such phenomena: one, seldom or never existing as the sole form of marriage, in which the capture is real; and another in which the "capture" is more or less ceremonial or playful. The two groups coexist among the Turcomans, as described by Vámbéry, who are constantly capturing and enslaving the Persians of both sexes, and, side by side with this, have a marriage ceremonial of mock-capture of entirely playful character. At the same time the two groups sometimes overlap, as is indicated by cases in which, while the "capture" appears to be ceremonial, the girl is still allowed to escape altogether if she wishes. The difficulty of disentangling the two groups is shown by the fact that so careful an investigator as Westermarck cites cases of real capture and mock-capture together without attempting to distinguish between them. From our present point of view it is quite unnecessary to attempt such a distinction. Whether the capture is simulated or real, the man is still playing the masculine and aggressive part proper to the male; the woman is still playing the feminine and defensive part proper to the female. The universal prevalence of these phenomena is due to the fact that manifestations of this kind, real or pretended, afford each sex the very best opportunity for playing its proper part in courtship, and so, even when the force is real, must always gratify a profound instinct.

It is not necessary to quote examples of marriage by capture from the numerous and easily accessible books on the evolution of marriage. (Sir A. B. Ellis, adopting MacLennan's standpoint, presented a concise statement of the facts in an article on "Survivals from Marriage by Capture," *Popular Science Monthly*, 1891, p. 207.) It may, however, be worth while to bring together from scattered sources a few of the facts concerning the phenomena in this group and their accompanying emo-

¹ A. Van Gennep (*Rites de Passage*, 1909, pp. 175-186) has put forward a third theory, though also of a psychological character, according to which the "capture" is a rite indicating the separation of the young girl from the special societies of her childhood. Gennep regards this rite as one of a vast group of "rites of passage," which come into action whenever a person changes his social or natural environment.

tional state, more especially as they bear on the association of love with force, inflicted or suffered.

In New Caledonia, Foley remarks, the successful coquette goes off with her lover into the bush. "It usually happens that, when she is successful, she returns from her expedition, tumbled, beaten, scratched, even bitten on the nape and shoulders, her wounds thus bearing witness to the quadrupedal attitude she has assumed amid the foliage." (Foley, *Bulletin de la Société d'Anthropologie*, Paris, November 6, 1879.)

Of the natives of New South Wales, Turnbull remarked at the beginning of the nineteenth century that "their mode of courtship is not without its singularity. When a young man sees a female to his fancy he informs her she must accompany him home; the lady refuses; he not only enforces compliance with threats but blows; thus the gallant, according to the custom, never fails to gain the victory, and bears off the willing, though struggling pugilist. The colonists for some time entertained the idea that the women were compelled and forced away against their inclinations; but the young ladies informed them that this mode of gallantry was the custom, and perfectly to their taste." (J. Turnbull, *A Voyage Round the World*, 1813, p. 98; cf. Brough Smyth, *Aborigines of Victoria*, 1878, vol. i, p. 81.)

As regards capture of women among Central Australian tribes, Spencer and Gillen remark: "We have never in any of these central tribes met with any such thing, and the clubbing part of the story may be dismissed, so far as the central area of the continent is concerned. To the casual observer what looks like a capture (we are, of course, only speaking of these tribes) is in reality an elopement, in which the woman is an aiding and abetting party." (*Northern Tribes of Central Australia*, p. 32.)

"The New Zealand method of courtship and matrimony is a most extraordinary one. A man sees a woman whom he fancies he should like for a wife; he asks the consent of her father, or, if an orphan, of her nearest relative, which, if he obtain, he carries his intended off by force, she resisting with all her strength, and, as the New Zealand girls are generally fairly robust, sometimes a dreadful struggle takes place; both are soon stripped to the skin and it is sometimes the work of hours to remove the fair prize a hundred yards. It sometimes happens that she secures her retreat into her father's house, and the lover loses all chance of ever obtaining her." (A. Earle, *Narratives of Residence in New Zealand*, 1832, p. 244.)

Among the Eskimos (probably near Smith Sound) "there is no marriage ceremony further than that the boy is required to carry off his bride by main force, for even among these blubber-eating people the woman only saves her modesty by a show of resistance, although she

knows years beforehand that her destiny is sealed and that she is to become the wife of the man from whose embraces, when the nuptial day comes, she is obliged by the inexorable law of public opinion to free herself, if possible, by kicking and screaming with might and main until she is safely landed in the hut of her future lord, when she gives up the combat very cheerfully and takes possession of her new abode. The betrothal often takes place at a very early period of life and at very dissimilar ages." Marriage only takes place when the lover has killed his first seal; this is the test of manhood and maturity. (J. J. Hayes, *Open Polar Sea*, 1867, p. 432.)

Marriage by "capture" is common in war and raiding in central Africa. "The women, as a rule," Johnston says, "make no very great resistance on these occasions. It is almost like playing a game. A woman is surprised as she goes to get water at the stream, or when she is on the way to or from the plantation. The man has only got to show her she is cornered and that escape is not easy or pleasant and she submits to be carried off. As a general rule, they seem to accept very cheerfully these abrupt changes in their matrimonial existence." (Sir H. H. Johnston, *British Central Africa*, p. 412.)

Among the wild tribes of the Malay Peninsula in one form of wedding rite the bridegroom is required to run seven times around an artificial mound decorated with flowers and the emblem of the people's religion. In the event of the bridegroom failing to catch the bride the marriage has to be postponed. Among the Orang Laut, or sea-gypsies, the pursuit sometimes takes the form of a canoe-race; the woman is given a good start and must be overtaken before she has gone a certain distance. (W. W. Skeat, *Journal Anthropological Institute*, Jan.-June, 1902, p. 134; Skeat and Blagden, *Pagan Races of the Malay*, vol. ii, p. 69 *et seq.*, fully discuss the ceremony around the mound.)

"Calmuck women ride better than the men. A male Calmuck on horseback looks as if he was intoxicated, and likely to fall off every instant, though he never loses his seat; but the women sit with more ease, and ride with extraordinary skill. The ceremony of marriage among the Calmucks is performed on horseback. A girl is first mounted, who rides off at full speed. Her lover pursues, and if he overtakes her she becomes his wife and the marriage is consummated upon the spot, after which she returns with him to his tent. But it sometimes happens that the woman does not wish to marry the person by whom she is pursued, in which case she will not suffer him to overtake her; and we were assured that no instance occurs of a Calmuck girl being thus caught, unless she has a partiality for her pursuer. If she dislikes him, she rides, to use the language of English sportsmen, 'neck or nothing,' until she has completely escaped or until the pursuer's horse is tired

out, leaving her at liberty to return, to be afterward chased by some more favored admirer." (E. D. Clarke, *Travels*, 1810, vol. i, p. 333.)

Among the Bedouins marriage is arranged between the lover and the girl's father, often without consulting the girl herself. "Among the Arabs of Sinai the young maid comes home in the evening with the cattle. At a short distance from the camp she is met by the future spouse and a couple of his young friends and carried off by force to her father's tent. If she entertains any suspicion of their designs she defends herself with stones, and often inflicts wounds on the young men, even though she does not dislike the lover, for, according to custom, the more she struggles, bites, kicks, cries, and strikes, the more she is applauded ever after by her own companions." After being taken to her father's tent, where a man's cloak is thrown over her by one of the bridegroom's relations, she is dressed in garments provided by her future husband, and placed on a camel, "still continuing to struggle in a most unruly manner, and held by the bridegroom's friends on both sides." She is then placed in a recess of the husband's tent. Here the marriage is finally consummated, "the bride still continuing to cry very loudly. It sometimes happens that the husband is obliged to tie his bride, and even to beat her, before she can be induced to comply with his desires." If, however, she really does not like her husband, she is perfectly free to leave him next morning, and her father is obliged to receive her back whether he wishes to or not. It is not considered proper for a widow or divorced woman to make any resistance on being married. (J. L. Burckhardt, *Notes on the Bedouins and Wahábys*, 1830, p. 149 *et seq.*)

Among the Turcomans forays for capturing and enslaving their Persian neighbors were once habitual. Vámbéry describes their "marriage ceremonial when the young maiden, attired in bridal costume, mounts a high-bred courser, taking on her lap the carcass of a lamb or goat, and setting off at full gallop, followed by the bridegroom and other young men of the party, also on horseback; she is always to strive, by adroit turns, etc., to avoid her pursuers, that no one approach near enough to snatch from her the burden on her lap. This game, called *kökbüri* (green wolf), is in use among all the nomads of central Asia." (A. Vámbéry, *Travels in Central Asia*, 1864, p. 323.)

In China, a missionary describes how, when he was called upon to marry "the daughter of a Chinese Christian brought up in native customs, he was compelled to wait several hours, as the bride refused to get up and dress until long after the time appointed for the wedding ceremony, and then only by force. "Extreme reluctance and dislike and fear are the true marks of a happy and lively wedding." (A. E. Moule, *New China and Old*, p. 128.)

It is interesting to find that in the Indian art of love a kind of mock-combat, accompanied by striking, is a recognized and normal

method of heightening tumescence. Vatsyayana has a chapter "On Various Manners of Striking," and he approves of the man striking the woman on the back, belly, flanks, and buttocks, before and during coitus, as a kind of play, increasing as sexual excitement increases, which the woman, with cries and groans, pretends to bid the man to stop. It is mentioned that, especially in southern India, various instruments (scissors, needles, etc.) are used in striking, but this practice is condemned as barbarous and dangerous. (*Kama Sutra*, French translation, iii, chapter v.)

In the story of Aladdin, in the *Arabian Nights*, the bride is undressed by the mother and the other women, who place her in the bridegroom's bed "as if by force, and, according to the custom of the newly married, she pretends to resist, twisting herself in every direction, and seeking to escape from their hands." (*Les Mille Nuits*, tr. Mardrus, vol. xi, p. 253.)

It is said that in those parts of Germany where preliminary *Probenächte* before formal marriage are the rule it is not uncommon for a young woman before finally giving herself to a man to provoke him to a physical struggle. If she proves stronger she dismisses him; if he is stronger she yields herself willingly. (W. Henz, "*Probenächte*," *Sexual-Probleme*, Oct., 1910, p. 743.)

Among the South Slavs of Servia and Bulgaria, according to Krauss, it is the custom to win a woman by seizing her by the ankle and bringing her to the ground by force. This method of wooing is to the taste of the woman, and they are refractory to any other method. The custom of beating or being beaten before coitus is also found among the South Slavs. (*Koprivádia*, vol. vi, p. 209.)

In earlier days violent courtship was viewed with approval in the European world, even among aristocratic circles. Thus in the medieval *Lai de Graëlent* of Marie de France this Breton knight is represented as very chaste, possessing a high ideal of love and able to withstand the wiles of women. One day when he is hunting in a forest he comes upon a naked damsel bathing, together with her handmaidens. Overcome by her beauty, he seizes her clothes in case she should be alarmed, but is persuaded to hand them to her; then he proceeds to make love to her. She replies that his love is an insult to a woman of her high lineage. Finding her so proud, Graëlent sees that his prayers are in vain. He drags her by force into the depth of the forest, has his will of her, and begs her very gently not to be angry, promising to love her loyally and never to leave her. The damsel saw that he was a good knight, courteous, and wise. She thought within herself that if she were to leave him she would never find a better friend.

Brantôme mentions a lady who confessed that she liked to be "half-forced" by her husband, and he remarks that a woman who is "a

little difficult and resists" gives more pleasure also to her lover than one who yields at once, just as a hard-fought battle is a more notable triumph than an easily won victory. (Brantôme, *Vie des Dames Galantes*, discours i.) Restif de la Bretonne, again, whose experience was extensive, wrote in his *Anti-Justine* that "all women of strong temperament like a sort of brutality in sexual intercourse and its accessories."

Ovid had said that a little force is pleasing to a woman, and that she is grateful to the ravisher against whom she struggles (*Ars Amatoria*, lib. i). One of Janet's patients (Raymond and Janet, *Les Obsessions et la Psychasthénie*, vol. ii, p. 406) complained that her husband was too good, too devoted. "He does not know how to make me suffer a little. One cannot love anyone who does not make one suffer a little." Another hysterical woman (a silk fetishist, frigid with men) had dreams of men and animals abusing her: "I cried with pain and was happy at the same time." (Clérambault, *Archives d'Anthropologie Criminelle*, June, 1908, p. 442.)

It has been said that among Slavs of the lower class the wives feel hurt if they are not beaten by their husbands. Paullinus, in the seventeenth century, remarked that Russian women are never more pleased and happy than when beaten by their husbands, and regard such treatment as proof of love. (See, e.g., C. F. von Schlichtegroll, *Sacher-Masoch und der Masochismus*, p. 69.) Krafft-Ebing believes that this is true at the present day, and adds that it is the same in Hungary, a Hungarian official having informed him that the peasant women of the Somogyer Comitatus do not think they are loved by their husbands until they have received the first box on the ear. (Krafft-Ebing, *Psychopathia Sexualis*, English translation of the tenth edition, p. 188.) I may add that a Russian proverb says "Love your wife like your soul and beat her like your *shuba*" (overcoat); and, according to another Russian proverb, "a dear one's blows hurt not long." At the same time it has been remarked that the domination of men by women is peculiarly frequent among the Slav peoples. (V. Schlichtegroll, *op. cit.*, p. 23.) Cellini, in an interesting passage in his *Life* (book ii, chapters xxxiv-xxxv), describes his own brutal treatment of his model Caterina, who was also his mistress, and the pleasure which, to his surprise, she took in it. Dr. Simon Forman, also, the astrologist, tells in his *Autobiography* (p. 7) how, as a young and puny apprentice to a hosier, he was beaten, scolded, and badly treated by the servant girl, but after some years of this treatment he turned on her, beat her black and blue, and ever after "Mary would do for him all that she could."

That it is a sign of love for a man to beat his sweetheart, and a sign much appreciated by women, is illustrated by the episode of Cariharta and Repolido, in "Rinconete and Cortadillo," one of Cervantes's

Exemplary Novels. The Indian women of South America feel in the same way, and Mantegazza when traveling in Bolivia found that they complained when they were not beaten by their husbands, and that a girl was proud when she could say "He loves me greatly, for he often beats me." (*Fisiologia della Donna*, chapter xiii.) The same feeling evidently existed in classic antiquity, for we find Lucian, in his "Dialogues of Courtesans," makes a woman say: "He who has not rained blows on his mistress and torn her hair and her garments is not yet in love," while Ovid advises lovers sometimes to be angry with their sweethearts and to tear their dresses.

Among the Italian Camorrista, according to Russo, wives are very badly treated. Expression is given to this fact in the popular songs. But the women only feel themselves tenderly loved when they are badly treated by their husbands; the man who does not beat them they look upon as a fool. It is the same in the east end of London. "If anyone has doubts as to the brutalities practised on women by men," writes a London magistrate, "let him visit the London Hospital on a Saturday night. Very terrible sights will meet his eye. Sometimes as many as twelve or fourteen women may be seen seated in the receiving room, waiting for their bruised and bleeding faces and bodies to be attended to. In nine cases out of ten the injuries have been inflicted by brutal and perhaps drunken husbands. The nurses tell me, however, that any remarks they may make reflecting on the aggressors are received with great indignation by the wretched sufferers. They positively will not hear a single word against the cowardly ruffians. 'Sometimes,' said a nurse to me, 'when I have told a woman that her husband is a brute, she has drawn herself up and replied: "You mind your own business, miss. We find the rates and taxes, and the likes of you are paid out of 'em to wait on us."'" (Montagu Williams, *Round London*, p. 79.)

"The prostitute really loves her *souteneur*, notwithstanding all the persecutions he inflicts on her. Their torments only increase the devotion of the poor slaves to their 'Alphonse.' Parent-Duchatelet wrote that he had seen them come to the hospital with their eyes out of their heads, faces bleeding, and bodies torn by the blows of their drunken lovers, but as soon as they were healed they went back to them. Police-officers tell us that it is very difficult to make a prostitute confess anything concerning her *souteneur*. Thus, Rosa L., whom her 'Alphonse' had often threatened to kill, even putting the knife to her throat, would say nothing, and denied everything when the magistrate questioned her. Maria R., with her face marked by a terrible scar produced by her *souteneur*, still carefully preserved many years afterward the portrait of the aggressor, and when we asked her to explain her affection she replied: 'But he wounded me because he loved me.' The *souteneur's* brutality only increases the ill-treated woman's love; the humiliation

and slavery in which the woman's soul is drowned feed her love." (Niceforo, *Il Gergo*, etc., 1897, p. 128.)

In a modern novel written in autobiographic form by a young Australian lady the heroine is represented as striking her betrothed with a whip when he merely attempts to kiss her. Later on her behavior so stings him that his self-control breaks down and he seizes her fiercely by the arms. For the first time she realizes that he loves her. 'I laughed a joyous little laugh, saying 'Hal, we are quits': when on disrobing for the night I discovered on my soft white shoulders and arms—so susceptible to bruises—many marks, and black. It had been a very happy day for me." (Miles Franklin. *My Brilliant Career*.)

It is in large measure the existence of this feeling of attraction for violence which accounts for the love-letters received by men who are accused of crimes of violence. Thus in one instance, in Chicago (as Dr. Kiernan writes to me), "a man arrested for conspiracy to commit abortion, and also suspected of being a sadist, received many proposals of marriage and other less modest expressions of affection from unknown women. To judge by the signatures, these women belonged to the Germans and Slavs rather than to the Anglo-Celts."

Neuropathic or degenerative conditions sometimes serve to accentuate or reveal ancestral traits that are very ancient in the race. Under such conditions the tendency to find pleasure in subjection and pain, which is often faintly traceable even in normal civilized women, may become more pronounced. This may be seen in a case described in some detail in the *Archivio di Psichiatria*. The subject was a young lady of 19, of noble Italian birth, but born in Tunis. On the maternal side there is a somewhat neurotic heredity, and she is herself subject to attacks of hysterio-epileptoid character. She was very carefully, but strictly, educated; she knows several languages, possesses marked intellectual aptitudes, and is greatly interested in social and political questions, in which she takes the socialistic and revolutionary side. She has an attractive and sympathetic personality; in complexion she is dark, with dark eyes and very dark and abundant hair; the fine down on the upper lip and lower parts of the cheeks is also much developed; the jaw is large, the head acrocephalic, and the external genital organs of normal size, but rather asymmetric. Ever since she was a child she has loved to work and dream in solitude. Her dreams have always been of love, since menstruation began as early as the age of 10, and accompanied by strong sexual feelings, though at that age these feelings remained vague and indefinite; but in them the desire for pleasure was always accompanied by the desire for pain, the desire to bite and destroy something, and, as it were, to annihilate herself. She experienced great relief after periods of "erotic rumination," and if this rumi-

nation took place at night she would sometimes masturbate, the contact of the bedclothes, she said, giving her the illusion of a man. In time this vague longing for the male gave place to more definite desires for a man who would love her, and, as she imagined, strike her. Eventually she formed secret relationships with two or three lovers in succession, each of these relationships being, however, discovered by her family and leading to ineffectual attempts at suicide. But the association of pain with love, which had developed spontaneously in her solitary dreams, continued in her actual relations with her lovers. During coitus she would bite and squeeze her arms until the nails penetrated the flesh. When her lover asked her why at the moment of coitus she would vigorously repel him, she replied: "Because I want to be possessed by force, to be hurt, suffocated, to be thrown down in a struggle." At another time she said: "I want a man with all his vitality, so that he can torture and kill my body." We seem to see here clearly the ancient biological character of animal courtship, the desire of the female to be violently subjugated by the male. In this case it was united to sensitiveness to the sexual domination of an intellectual man, and the subject also sought to stimulate her lovers' intellectual tastes. (*Archivio di Psichiatria*, vol. xx, fasc. 5-6, p. 528.)

This association between love and pain still persists even among the most normal civilized men and women possessing well-developed sexual impulses. The masculine tendency to delight in domination, the feminine tendency to delight in submission, still maintain the ancient traditions when the male animal pursued the female. The phenomena of "marriage by capture," in its real and its simulated forms, have been traced to various causes. But it has to be remembered that these causes could only have been operative in the presence of a favorable emotional aptitude, constituted by the zoological history of our race and still traceable even today. To exert power, as psychologists well recognize, is one of our most primary impulses, and it always tends to be manifested in the attitude of a man toward the woman he loves.¹

¹ Féré (*L'Instinct Sexuel*, p. 133) appears to regard the satisfaction, based on the sentiment of personal power, which may be experienced in the suffering and subjection of a victim as an adequate explanation of the association of pain with love. This I can scarcely admit. It is a factor in the emotional attitude, but when it only exists in the sexual sphere it is reasonable to base this attitude largely on

It might be possible to maintain that the primitive element of more or less latent cruelty in courtship tends to be more rather than less marked in civilized man. In civilization the opportunity of dissipating the surplus energy of the courtship process by inflicting pain on rivals usually has to be inhibited; thus the woman to be wooed tends to become the recipient of the whole of this energy, both in its pleasure-giving and its pain-giving aspects. Moreover, the natural process of courtship, as it exists among animals and usually among the lower human races, tends to become disguised and distorted in civilization, as well by economic conditions as by conventional social conditions and even ethical prescription. It becomes forgotten that the woman's pleasure is an essential element in the process of courtship. A woman is often reduced to seek a man for the sake of maintenance; she is taught that pleasure is sinful or shameful, that sex-matters are disgusting, and that it is a woman's duty, and also her best policy, to be in subjection to her husband. Thus, various external checks which normally inhibit any passing over of masculine sexual energy into cruelty are liable to be removed.

We have to admit that a certain pleasure in manifesting his power over a woman by inflicting pain upon her is an outcome and survival of the primitive process of courtship, and an almost or quite normal constituent of the sexual impulse in man. But it must be at once added that in the normal well-balanced and well-conditioned man this constituent of the sexual impulse, when present, is always held in check. When the normal man inflicts, or feels the impulse to inflict, some degree of physical pain on the woman he loves he can scarcely be said to be moved by cruelty. He feels, more or less obscurely, that the pain he inflicts, or desires to inflict, is really a part of his love, and that, moreover, it is not really resented by the woman

the still more fundamental biological attitude of the male toward the female in the process of courtship. Féré regards this biological element as merely a superficial analogy, on the ground that an act of cruelty may become an equivalent of coitus. But a sexual perversion is quite commonly constituted by the selection and magnification of a single moment in the normal sexual process.

on whom it is exercised. His feeling is by no means always according to knowledge, but it has to be taken into account as an essential part of his emotional state. The physical force, the teasing and bullying, which he may be moved to exert under the stress of sexual excitement, are, he usually more or less unconsciously persuades himself, not really unwelcome to the object of his love.¹ Moreover, we have to bear in mind the fact—a very significant fact from more than one point of view—that the normal manifestations of a woman's sexual pleasure are exceedingly like those of pain. "The outward expressions of pain," as a lady very truly writes,—“tears, cries, etc.,—which are laid stress on to prove the cruelty of the person who inflicts it, are not so different from those of a woman in the ecstasy of passion, when she implores the man to desist, though that is really the last thing she desires.”² If a man is convinced that he is causing real and unmitigated pain, he becomes repentant at once. If this is not the case he must either be regarded as a radically abnormal person or as carried away by passion to a point of temporary insanity.

The intimate connection of love with pain, its tendency to approach cruelty, is seen in one of the most widespread of the occasional and non-essential manifestations of strong sexual emotion, especially in women, the tendency to bite. We may find references to love-bites in the literature of ancient as well as of modern times, in the East as well as in the West. Plautus, Catullus, Propertius, Horace, Ovid, Petronius, and other Latin writers refer to bites as associated with kisses and usually on the lips. Plutarch says that Flora, the mistress of Cnæus Pompey, in commending her lover remarked that he was so lovable that

¹ The process may, however, be quite conscious. Thus, a correspondent tells me that he not only finds sexual pleasure in cruelty toward the woman he loves, but that he regards this as an essential element. He is convinced that it gives the woman pleasure, and that it is possible to distinguish by gesture, inflection of voice, etc., an hysterical, assumed, or imagined feeling of pain from real pain. He would not wish to give real pain, and would regard that as sadism.

² De Sade had already made the same remark, while Duchenne, of Boulogne, pointed out that the facial expressions of sexual passion and of cruelty are similar.

she could never leave him without giving him a bite. In the Arabic *Perfumed Garden* there are many references to love-bites, while in the Indian *Kama Sutra* of Vatsyayana a chapter is devoted to this subject. Biting in love is also common among the South Slavs.¹ The phenomenon is indeed sufficiently familiar to enable Heine, in one of his *Romancero*, to describe those marks by which the ancient chronicler states that Edith Swan-neck recognized Harold, after the Battle of Hastings, as the scars of the bites she had once given him.

It would be fanciful to trace this tendency back to that process of devouring to which sexual congress has, in the primitive stages of its evolution, been reduced. But we may probably find one of the germs of the love-bite in the attitude of many mammals during or before coitus; in attaining a firm grip of the female it is not uncommon (as may be observed in the donkey) for the male to seize the female's neck between his teeth. The horse sometimes bites the mare before coitus and it is said that among the Arabs when a mare is not apt for coitus she is sent to pasture with a small ardent horse, who excites her by playing with her and biting her.² It may be noted, also, that dogs often show their affection for their masters by gentle bites. Children also, as Stanley Hall has pointed out, are similarly fond of biting.

Perhaps a still more important factor is the element of combat in tumescence, since the primitive conditions associated with tumescence provide a reservoir of emotions which are constantly drawn on even in the sexual excitement of individuals belonging to civilization. The tendency to show affection by biting is, indeed, commoner among women than among men and not only in civilization. It has been noted among idiot girls as well as among the women of various savage races. It may thus be that the conservative instincts of women have preserved a primitive tendency that at its origin marked the male more than the female. But in any case the tendency to

¹ *Kparrádia*, vol. vi, p. 208.

² Daumas, *Chevaux de Sahara*, p. 49.

bite at the climax of sexual excitement is so common and widespread that it must be regarded, when occurring in women, as coming within the normal range of variation in such manifestations. The gradations are of wide extent; while in its slight forms it is more or less normal and is one of the origins of the kiss,¹ in its extreme forms it tends to become one of the most violent and antisocial of sexual aberrations.

A correspondent writes regarding his experience of biting and being bitten: "I have often felt inclination to bite a woman I love, even when not in coitus or even excited. (I like doing so also with my little boy, playfully, as a cat and kittens.) There seem to be several reasons for this: (1) the muscular effect relieves me; (2) I imagine I am giving the woman pleasure; (3) I seem to attain to a more intimate possession of the loved one. I cannot remember when I first felt desire to be bitten in coitus, or whether the idea was first suggested to me. I was initiated into pinching by a French prostitute who once pinched my nates in coitus, no doubt as a matter of business; it heightened my pleasure, perhaps by stimulating muscular movement. It does not occur to me to ask to be pinched when I am very much excited already, but only at an earlier stage, no doubt with the object of promoting excitement. Apart altogether from sexual excitement, being pinched is unpleasant to me. It has not seemed to me that women usually like to be bitten. One or two women have bitten and sucked my flesh. (The latter does not affect me.) I like being bitten, partly for the same reason as I like being pinched, because if spontaneous it is a sign of my partner's amorousness and the biting never seems too hard. Women do not usually seem to like being bitten, though there are exceptions; 'I should like to bite you and I should like you to bite me,' said one woman; I did so hard, in coitus, and she did not flinch." "She is particularly anxious to eat me alive," another correspondent writes, "and nothing gives her greater satisfaction than to tear open my clothes and fasten her teeth into my flesh until I yell for mercy. My experience has generally been, however," the same correspondent continues, "that the cruelty is *unconscious*. A woman just grows mad with the desire to squeeze or bite something, with a complete unconsciousness of what result it will produce in the victim. She is astonished when she sees the result and will hardly believe she has done it." It is unnecessary to accumulate evidence of a tendency which is sufficiently common to be fairly well known, but one or two quotations may be

¹ See in vol. iv of these *Studies* ("Sexual Selection in Man"), Appendix A, on "The Origins of the Kiss."

presented to show its wide distribution. In the *Kama Sutra* we read: "If she is very exalted, and if in the exaltation of her passionate transports she begins a sort of combat, then she takes her lover by the hair, draws his head to hers, kisses his lower lip, and then in her delirium bites him all over his body, shutting her eyes"; it is added that with the marks of such bites lovers can remind each other of their affections, and that such love will last for ages. In Japan the maiden of Ainu race feels the same impulse. A. H. Savage Landor (*Alone with the Hairy Ainu*, 1893, p. 140) says of an Ainu girl: "Loving and biting went together with her. She could not do the one without the other. As we sat on a stone in the twilight she began by gently biting my fingers without hurting me, as affectionate dogs do to their masters. She then bit my arm, then my shoulder, and when she had worked herself up into a passion she put her arms around my neck and bit my cheeks. It was undoubtedly a curious way of making love, and, when I had been bitten all over, and was pretty tired of the new sensation, we retired to our respective homes. Kissing, apparently, was an unknown art to her."

The significance of biting, and the close relationship which, as will have to be pointed out later, it reveals to other phenomena, may be illustrated by some observations which have been made by Alonzi on the peasant women of Sicily. "The women of the people," he remarks, "especially in the districts where crimes of blood are prevalent, give vent to their affection for their little ones by kissing and sucking them on the neck and arms till they make them cry convulsively; all the while they say: 'How sweet you are! I will bite you, I will gnaw you all over,' exhibiting every appearance of great pleasure. If a child commits some slight fault they do not resort to simple blows, but pursue it through the street and bite it on the face, ears, and arms until the blood flows. At such moments the face of even a beautiful woman is transformed, with injected eyes, gnashing teeth, and convulsive tremors. Among both men and women a very common threat is 'I will drink your blood.' It is told on ocular evidence that a man who had murdered another in a quarrel licked the hot blood from the victim's hand." (G. Alonzi, *Archivio di Psichiatria*, vol. vi, fasc. 4.) A few years ago a nurse girl in New York was sentenced to prison for cruelty to the baby in her charge. The mother had frequently noticed that the child was in pain and at last discovered the marks of teeth on its legs. The girl admitted that she had bitten the child because that action gave her intense pleasure. (*Alienist and Neurologist*, August, 1901, p. 558.) In the light of such observations as these we may understand a morbid perversion of affection such as was recorded in the London police news some years ago (1894). A man of 30 was charged with ill-treating his wife's illegitimate daughter, aged 3, during a period of many months; her lips, eyes, and hands were bitten and bruised from sucking, and

sometimes her pinafore was covered with blood. "Defendant admitted he had bitten the child because he loved it."

It is not surprising that such phenomena as these should sometimes be the stimulant and accompaniment to the sexual act. Ferriani thus reports such a case in the words of the young man's mistress: "Certainly he is a strange, maddish youth, though he is fond of me and spends money on me when he has any. He likes much sexual intercourse, but, to tell the truth, he has worn out my patience, for before our embraces there are always struggles which become assaults. He tells me he has no pleasure except when he sees me crying on account of his bites and vigorous pinching. Lately, just before going with me, when I was groaning with pleasure, he threw himself on me and at the moment of emission furiously bit my right cheek till the blood came. Then he kissed me and begged my pardon, but would do it again if the wish took him." (L. Ferriani, *Archivio di Psicopatie Sessuale*, vol. i, fasc. 7 and 8, 1896, p. 107.)

In morbid cases biting may even become a substitute for coitus. Thus, Moll (*Die Konträre Sexualempfindung*, second edition, p. 323) records the case of a hysterical woman who was sexually anesthetic, though she greatly loved her husband. It was her chief delight to bite him till the blood flowed, and she was content if, instead of coitus, he bit her and she him, though she was grieved if she inflicted much pain. In other still more morbid cases the fear of inflicting pain is more or less abolished.

An idealized view of the impulse of love to bite and devour is presented in the following passage from a letter by a lady who associates this impulse with the idea of the Last Supper: "Your remarks about the Lord's Supper in 'Whitman' make it natural to me to tell you my thoughts about that 'central sacrament of Christianity.' I cannot tell many people because they misunderstand, and a clergyman, a very great friend of mine, when I once told what I thought and felt, said I was carnal. He did not understand the divinity and intensity of human love as I understand it. Well, when one loves anyone very much,—a child, a woman, or a man,—one loves everything belonging to him: the things he wears, still more his hands, and his face, every bit of his body. We always want to have all, or part, of him as part of ourselves. Hence the expression: I could *devour* you, I love you so. In some such warm, devouring way Jesus Christ, I have always felt, loved each and every human creature. So it was that he took this mystery of food, which by eating became part of ourselves, as the symbol of the most intense human love, the most intense Divine love. Some day, perhaps, love will be so understood by all that this sacrament will cease to be a superstition, a bone of contention, an 'article' of the church, and become, in all simplicity, a symbol of pure love."

While in men it is possible to trace a tendency to inflict pain, or the simulacrum of pain, on the women they love, it is still easier to trace in women a delight in experiencing physical pain when inflicted by a lover, and an eagerness to accept subjection to his will. Such a tendency is certainly normal. To abandon herself to her lover, to be able to rely on his physical strength and mental resourcefulness, to be swept out of herself and beyond the control of her own will, to drift idly in delicious submission to another and stronger will—this is one of the commonest aspirations in a young woman's intimate love-dreams. In our own age these aspirations most often only find their expression in such dreams. In ages when life was more nakedly lived, and emotion more openly expressed, it was easier to trace this impulse. In the thirteenth century we have found Marie de France—a French poetess living in England who has been credited with “an exquisite sense of the generousities and delicacy of the heart,” and whose work was certainly highly appreciated in the best circles and among the most cultivated class of her day—describing as a perfect, wise, and courteous knight a man who practically commits a rape on a woman who has refused to have anything to do with him, and, in so acting, he wins her entire love. The savage beauty of New Caledonia furnishes no better illustration of the fascination of force, for she, at all events, has done her best to court the violence she undergoes. In Middleton's *Spanish Gypsy* we find exactly the same episode, and the unhappy Portuguese nun wrote: “Love me for ever and make me suffer still more.” To find in literature more attenuated examples of the same tendency is easy. Shakespeare, whose observation so little escaped, has seldom depicted the adult passion of a grown woman, but in the play which he has mainly devoted to this subject he makes Cleopatra refer to “amorous pinches,” and she says in the end: “The stroke of death is as a lover's pinch, which hurts and is desired.” “I think the Sabine woman enjoyed being carried off like that,” a woman remarked in front of Rubens's “Rape of the Sabines,” confessing that such a method of love-

making appealed strongly to herself, and it is probable that the majority of women would be prepared to echo that remark.

It may be argued that pain cannot give pleasure, and that when what would usually be pain is felt as pleasure it cannot be regarded as pain at all. It must be admitted that the emotional state is often somewhat complex. Moreover, women by no means always agree in the statement of their experience. It is noteworthy, however, that even when the pleasurable of pain in love is denied it is still admitted that, under some circumstances, pain, or the idea of pain, is felt as pleasurable. I am indebted to a lady for a somewhat elaborate discussion of this subject, which I may here quote at length: "As regards physical pain, though the idea of it is sometimes exciting, I think the reality is the reverse. A very slight amount of pain destroys my pleasure completely. This was the case with me for fully a month after marriage, and since. When pain has occasionally been associated with passion, pleasure has been sensibly diminished. I can imagine that, when there is a want of sensitiveness so that the tender kiss or caress might fail to give pleasure, more forcible methods are desired; but in that case what would be pain to a sensitive person would be only a pleasant excitement, and it could not be truly said that such obtuse persons liked pain, though they might appear to do so. I cannot think that anyone enjoys what is pain *to them*, if only from the fact that it detracts and divides the attention. This, however, is only my own idea drawn from my own negative experience. No woman has ever told me that she would like to have pain inflicted on her. On the other hand, the desire to inflict pain seems almost universal among men. I have only met one man in whom I have never at any time been able to detect it. At the same time most men shrink from putting their ideas into practice. A friend of my husband finds his chief pleasure in imagining women hurt and ill-treated, but is too tender-hearted ever to inflict pain on them in reality, even when they are willing to submit to it. Perhaps a woman's readiness to submit to pain to please a man may sometimes be taken for pleasure in it. Even when women like the idea of pain, I fancy it is only because it implies subjection to the man, from association with the fact that physical pleasure must necessarily be preceded by submission to his will."

In a subsequent communication this lady enlarged and perhaps somewhat modified her statements on this point:—

"I don't think that what I said to you was quite correct. *Actual* pain gives me no pleasure, yet the *idea* of pain does, *if inflicted by way of discipline and for the ultimate good of the person suffering it*. This is essential. For instance, I once read a poem in which the devil and the lost souls in hell were represented as recognizing that they could not

be good except under torture, but that while suffering the purifying actions of the flames of hell they so realized the beauty of holiness that they submitted willingly to their agony and praised God for the sternness of his judgment. This poem gave me decided physical pleasure, yet I know that if my hand were held in a fire for five minutes I should feel nothing but the pain of the burning. To get the feeling of pleasure, too, I must, for the moment, revert to my old religious beliefs and my old notion that mere suffering has an elevating influence; one's emotions are greatly modified by one's beliefs. When I was about fifteen I invented a game which I played with a younger sister, in which we were supposed to be going through a process of discipline and preparation for heaven after death. Each person was supposed to enter this state on dying and to pass successively into the charge of different angels named after the special virtues it was their function to instill. The last angel was that of Love, who governed solely by the quality whose name he bore. In the lower stages, we were under an angel called Severity who prepared us by extreme harshness and by exacting implicit obedience to arbitrary orders for the acquirement of later virtues. Our duties were to superintend the weather, paint the sunrise and sunset, etc., the constant work involved exercising us in patience and submission. The physical pleasure came in in inventing and recounting to each other our day's work and the penalties and hardships we had been subjected to. We never told each other that we got any physical pleasure out of this, and I cannot therefore be sure that my sister did so; I only imagine she did because she entered so heartily into the spirit of the game. I could get as much pleasure by imagining myself the angel and inflicting the pain, under the conditions mentioned; but my sister did not like this so much, as she then had no companion in subjection. I could not, however, thus reverse my feelings in regard to a man, as it would appear to me unnatural, and, besides, the greater physical strength is essential in the superior position. I can, however, by imagining myself a man, sometimes get pleasure in conceiving myself as educating and disciplining a woman by severe measures. There is, however, no real cruelty in this idea, as I always imagine her liking it.

"I only get pleasure in the idea of a woman submitting herself to pain and harshness from the man she loves when the following conditions are fulfilled: 1. She must be absolutely sure of the man's love. 2. She must have perfect confidence in his judgment. 3. The pain must be deliberately inflicted, not accidental. 4. It must be inflicted in kindness and for her own improvement, not in anger or with any revengeful feelings, as that would spoil one's ideal of the man. 5. The pain must not be excessive and must be what when we were children we used to call a 'tidy' pain; i.e., there must be no mutilation, cutting, etc. 6. Last, one would have to feel very sure of one's own influence over

the man. So much for the idea. As I have never suffered pain under a combination of all these conditions, I have no right to say that I should or should not experience pleasure from its infliction in reality."

Another lady writes: "I quite agree that the idea of pain may be pleasurable, but must be associated with something to be gained by it. My experience is that it [coitus] does often hurt for a few moments, but that passes and the rest is easy; so that the little hurt is nothing terrible, but all the same annoying if only for the sake of a few minutes' pleasure, which is not long enough. I do not know how my experience compares with other women's, but I feel sure that in my case the time needed is longer than usual, and the longer the better, always, with me. As to liking pain—no, I do not really like it, although I can tolerate pain very well, of any kind; but I like to feel force and strength; this is usual, I think, women being—or supposed to be—passive in love. I have not found that 'pain at once kills pleasure.'"

Again, another lady briefly states that, for her, pain has a mental fascination, and that such pain as she has had she has liked, but that, if it had been any stronger, pleasure would have been destroyed.

The evidence thus seems to point, with various shades of gradation, to the conclusion that the idea or even the reality of pain in sexual emotion is welcomed by women, provided that this element of pain is of small amount and subordinate to the pleasure which is to follow it. Unless coitus is fundamentally pleasure the element of pain must necessarily be unmitigated pain, and a craving for pain unassociated with a greater satisfaction to follow it cannot be regarded as normal.

In this connection I may refer to a suggestive chapter on "The Enjoyment of Pain" in Hirn's *Origins of Art*. "If we take into account," says Hirn, "the powerful stimulating effect which is produced by acute pain, we may easily understand why people submit to momentary unpleasantness for the sake of enjoying the subsequent excitement. This motive leads to the deliberate creation, not only of pain-sensations, but also of emotions in which pain enters as an element. The violent activity which is involved in the reaction against fear, and still more in that against anger, affords us a sensation of pleasurable excitement which is well worth the cost of the passing unpleasantness. It is, moreover, notorious that some persons have developed a peculiar art of making the initial pain of anger so transient that they can enjoy the active elements in it with almost undivided delight. Such an accomplishment is far more difficult in the case of sorrow. . . . The creation of pain-sensations may be explained as a desperate device for enhancing the intensity of the emotional state."

The relation of pain and pleasure to emotion has been thoroughly discussed, I may add, by H. R. Marshall in his *Pain, Pleasure, and Aesthetics*. He contends that pleasure and pain are "general qualities,

one of which must, and either of which may, belong to any fixed element of consciousness." "Pleasure," he considers, "is experienced whenever the physical activity coincident with the psychic state to which the pleasure is attached involves the use of surplus stored force." We can see, therefore, how, if pain acts as a stimulant to emotion, it becomes the servant of pleasure by supplying it with surplus stored force.

This problem of pain is thus one of psychic dynamics. If we realize this we shall begin to understand the place of cruelty in life. "One ought to learn anew about cruelty," said Nietzsche (*Beyond Good and Evil*, 229), "and open one's eyes. Almost everything that we call 'higher culture' is based upon the spiritualizing and intensifying of cruelty. . . . Then, to be sure, we must put aside teaching the blundering psychology of former times, which could only teach with regard to cruelty that it originated at the sight of the suffering of others; there is an abundant, superabundant enjoyment even in one's own suffering, in causing one's own suffering." The element of paradox disappears from this statement if we realize that it is not a question of "cruelty," but of the dynamics of pain.

Camille Bos in a suggestive essay ("Du Plaisir de la Douleur," *Revue Philosophique*, July, 1902) finds the explanation of the mystery in that complexity of the phenomena to which I have already referred. Both pain and pleasure are complex feelings, the resultant of various components, and we name that resultant in accordance with the nature of the strongest component. "Thus we give to a complexus a name which strictly belongs only to one of its factors, and in pain all is not painful." When pain becomes a desired end Camille Bos regards the desire as due to three causes: (1) the pain contrasts with and revives a pleasure which custom threatens to dull; (2) the pain by preceding the pleasure accentuates the positive character of the latter; (3) pain momentarily raises the lowered level of sensibility and restores to the organism for a brief period the faculty of enjoyment it had lost.

It must therefore be said that, in so far as pain is pleasurable, it is so only in so far as it is recognized as a prelude to pleasure, or else when it is an actual stimulus to the nerves conveying the sensation of pleasure. The nymphomaniac who experienced an orgasm at the moment when the knife passed through her clitoris (as recorded by Mantegazza) and the prostitute who experienced keen pleasure when the surgeon removed vegetations from her vulva (as recorded by Féré) took no pleasure in pain, but in one case the intense craving for strong sexual emotion, and in the other the long-blunted nerves of pleasure, welcomed the abnormally strong impulse; and the pain of the incision, if felt at all, was immediately swallowed up in the sensation of pleasure. Moll remarks (*Konträre Sexualempfindung*, third edition, p. 278) that even in man a trace of physical pain may be normally combined with

sexual pleasure, when the vagina contracts on the penis at the moment of ejaculation, the pain, when not too severe, being almost immediately felt as pleasure. That there is no pleasure in the actual pain, even in masochism, is indicated by the following statement which Krafft-Ebing gives as representing the experiences of a masochist (*Psychopathia Sexualis*, English translation, p. 201): "The relation is not of such a nature that what causes physical pain is simply perceived as physical pleasure, for the person in a state of masochistic ecstasy feels no pain, either because by reason of his emotional state (like that of the soldier in battle) the physical effect on his cutaneous nerves is not apperceived, or because (as with religious martyrs and enthusiasts) in the preoccupation of consciousness with sexual emotion the idea of maltreatment remains merely a symbol, without its quality of pain. To a certain extent there is overcompensation of physical pain in psychic pleasure, and only the excess remains in consciousness as psychic lust. This also undergoes an increase, since, either through reflex spinal influence or through a peculiar coloring in the sensorium of sensory impressions, a kind of hallucination of bodily pleasure takes place, with a vague localization of the objectively projected sensation. In the self-torture of religious enthusiasts (fakirs, howling dervishes, religious flagellants) there is an analogous state, only with a difference in the quality of pleasurable feeling. Here the conception of martyrdom is also apperceived without its pain, for consciousness is filled with the pleasurable colored idea of serving God, atoning for sins, deserving Heaven, etc., through martyrdom." This statement cannot be said to clear up the matter entirely; but it is fairly evident that, when a woman says that she finds pleasure in the pain inflicted by a lover, she means that under the special circumstances she finds pleasure in treatment which would at other times be felt as pain, or else that the slight real pain experienced is so quickly followed by overwhelming pleasure that in memory the pain itself seems to have been pleasure and may even be regarded as the symbol of pleasure.

There is a special peculiarity of physical pain, which may be well borne in mind in considering the phenomena now before us, for it helps to account for the tolerance with which the idea of pain is regarded. I refer to the great ease with which physical pain is forgotten, a fact well known to all mothers, or to all who have been present at the birth of a child. As Professor von Tschisch points out (*"Der Schmerz," Zeitschrift für Psychologie und Physiologie der Sinnesorgane*, Bd. xxvi, ht. 1 and 2, 1901), memory can only preserve impressions as a whole; physical pain consists of a sensation and of a feeling. But memory cannot easily reproduce the definite sensation of the pain, and thus the whole memory is disintegrated and speedily forgotten. It is quite other

wise with moral suffering, which persists in memory and has far more influence on conduct. No one wishes to suffer moral pain or has any pleasure even in the idea of suffering it.

It is the presence of this essential tendency which leads to a certain apparent contradiction in a woman's emotions. On the one hand, rooted in the maternal instinct, we find pity, tenderness, and compassion; on the other hand, rooted in the sexual instinct, we find a delight in roughness, violence, pain, and danger, sometimes in herself, sometimes also in others. The one impulse craves something innocent and helpless, to cherish and protect; the other delights in the spectacle of recklessness, audacity, sometimes even effrontery.¹ A woman is not perfectly happy in her lover unless he can give at least some satisfaction to each of these two opposite longings.

The psychological satisfaction which women tend to feel in a certain degree of pain in love is strictly co-ordinated with a physical fact. Women possess a minor degree of sensibility in the sexual region. This fact must not be misunderstood. On the one hand, it by no means begs the question as to whether women's sensibility generally is greater or less than that of men; this is a disputed question and the evidence is still somewhat conflicting.² On the other hand, it also by no means involves a less degree of specific sexual pleasure in women, for the tactile sensibility of the sexual organs is no index to the specific sexual sensibility of those organs when in a state of tumescence. The real significance of the less tactile sensibility of the genital region in women is to be found in parturition and the special liability of the sexual region in women to injury.³

¹ De Stendhal (*De l'Amour*) mentions that when in London he was on terms of friendship with an English actress who was the mistress of a wealthy colonel, but privately had another lover. One day the colonel arrived when the other man was present. "This gentleman has called about the pony I want to sell," said the actress. "I have come for a very different purpose," said the little man, and thus aroused a love which was beginning to languish.

² See Havelock Ellis, *Man and Woman*, chapter vi, "The Senses."

³ This liability is emphasized by Adler, *Die Mangelhafte Geschlechts-empfindung des Weibes*, p. 125.

The women who are less sensitive in this respect would be better able and more willing to endure the risks of childbirth, and would therefore tend to supplant those who were more sensitive. But, as a by-product of this less degree of sensibility, we have a condition in which physical irritation amounting even to pain may become to normal women in the state of extreme tumescence a source of pleasurable excitement, such as it would rarely be to normal men.

To Calmann appear to be due the first carefully made observations showing the minor sensibility of the genital tract in women. (Adolf Calmann, "Sensibilitätsprüfungen am weiblichen Genitale nach forensischen Gesichtspunkten," *Archiv für Gynäkologie*, 1898, p. 454.) He investigated the vagina, urethra, and anus in eighteen women and found a great lack of sensibility, least marked in anus, and most marked in vagina. [This distribution of the insensitiveness alone indicates that it is due, as I have suggested, to natural selection.] Sometimes a finger in the vagina could not be felt at all. One woman, when a catheter was introduced into the anus, said it might be the vagina or urethra, but was certainly not the anus. (Calmann remarks that he was careful to put his questions in an intelligible form.) The women were only conscious of the urine being drawn off when they heard the familiar sound of the stream or when the bladder was very full; if the sound of the stream was deadened by a towel they were quite unconscious that the bladder had been emptied. [In confirmation of this statement I have noticed that in a lady whose distended bladder it was necessary to empty by the catheter shortly before the birth of her first child—but who had, indeed, been partly under the influence of chloroform—there was no consciousness of the artificial relief; she merely remarked that she thought she could now relieve herself.] There was some sense of temperature, but sense of locality, tactile sense, and judgment of size were often widely erroneous. It is significant that virgins were just as insensitive as married women or those who had had children. Calmann's experiments appear to be confirmed by the experiments of Marco Treves, of Turin, on the thermoesthesiometry of mucous membranes, as reported to the Turin International Congress of Physiology (and briefly noted in *Nature*, November 21, 1901). Treves found that the sensitivity of mucous membranes is always less than that of the skin. The mucosa of the urethra and of the cervix uteri was quite incapable of heat and cold sensations, and even the cauterly excited only slight, and that painful, sensation.

In further illustration of this point reference may be made to the not infrequent cases in which the whole process of parturition and the

enormous distention of tissues which it involves proceed throughout in an almost or quite painless manner. It is sufficient to refer to two cases reported in Paris by Macé and briefly summarized in the *British Medical Journal*, May 25, 1901. In the first the patient was a primipara 20 years of age, and, until the dilatation of the cervix was complete and efforts at expulsion had commenced, the uterine contractions were quite painless. In the second case, the mother, aged 25, a tripara, had previously had very rapid labors; she awoke in the middle of the night without pains, but during micturition the fetal head appeared at the vulva, and was soon born.

Further illustration may be found in those cases in which severe inflammatory processes may take place in the genital canal without being noticed. Thus, Maxwell reports the case of a young Chinese woman, certainly quite normal, in whom after the birth of her first child the vagina became almost obliterated, yet beyond slight occasional pain she noticed nothing wrong until the husband found that penetration was impossible (*British Medical Journal*, January 11, 1902, p. 78). The insensitiveness of the vagina and its contrast, in this respect, with the penis—though we are justified in regarding the penis as being, like organs of special sense, relatively deficient in general sensibility—are vividly presented in such an incident as the following, reported a few years ago in America by Dr. G. W. Allen in the *Boston Medical and Surgical Journal*: A man came under observation with an edematous, inflamed penis. The wife, the night previous, on advice of friends, had injected pure carbolic acid into the vagina just previous to coitus. The husband, ignorant of the fact, experienced untoward burning and smarting during and after coitus, but thought little of it, and soon fell asleep. The next morning there were large blisters on the penis, but it was no longer painful. When seen by Dr. Allen the prepuce was retracted and edematous, the whole penis was much swollen, and there were large, perfectly raw surfaces on either side of the glans.

In this connection we may well bring into line a remarkable group of phenomena concerning which much evidence has now accumulated. I refer to the use of various appliances, fixed in or around the penis, whether permanently or temporarily during coitus, such appliance being employed at the woman's instigation and solely in order to heighten her excitement in congress. These appliances have their great center among the Indonesian peoples (in Borneo, Java, Sumatra, the Malay peninsula, the Philippines, etc.), thence extending in a modified form through China, to become, it appears, considerably prevalent

in Russia; I have also a note of their appearance in India. They have another widely diffused center, through which, however, they are more sparsely scattered, among the American Indians of the northern and more especially of the southern continents. Amerigo Vespucci and other early travelers noted the existence of some of these appliances, and since Miklucho-Macleay carefully described them as used in Borneo¹ their existence has been generally recognized. They are usually regarded merely as ethnological curiosities. As such they would not concern us here. Their real significance for us is that they illustrate the comparative insensitiveness of the genital canal in women, while at the same time they show that a certain amount of what we cannot but regard as painful stimulation is craved by women, in order to heighten tumescence and increase sexual pleasure, even though it can only be procured by artificial methods. It is, of course, possible to argue that in these cases we are not concerned with pain at all, but with a strong stimulation that is felt as purely pleasurable. There can be no doubt, however, that in the absence of sexual excitement this stimulation would be felt as purely painful, and—in the light of our previous discussion—we may, perhaps, fairly regard it as a painful stimulation which is craved, not because it is itself pleasurable, but because it heightens the highly pleasurable state of tumescence.

Borneo, the geographical center of the Indonesian world, appears also to be the district in which these instruments are most popular. The *ampallang*, *palang*, *kambion*, or *sprit-sail yard*, as it is variously termed, is a little rod of bone or metal nearly two inches in length, rounded at the ends, and used by the Kyans and Dyaks of Borneo. Before coitus it is inserted into a transverse orifice in the penis, made by a painful and somewhat dangerous operation and kept open by a quill. Two or more of these instruments are occasionally worn. Sometimes little brushes are attached to each end of the instrument. Another instrument, used by the Dyaks, but said to have been borrowed from the Malays, is the *palang anus*, which is a ring or collar of plaited palm-fiber, furnished with a pair of stiffish horns of the same wiry material;

¹ *Zeitschrift für Ethnologie*, Bd. viii, 1876, pp. 22-23.

it is worn on the neck of the glans and fits tight to the skin so as not to slip off. (Brooke Low, "The Natives of Borneo," *Journal of the Anthropological Institute*, August and November, 1892, p. 45; the *ampallang* and similar instruments are described by Ploss and Bartels, *Das Weib*, Bd. i, chapter xvii; also in *Untrodden Fields of Anthropology*, by a French army surgeon, 1898, vol. ii, pp. 135-141; also Mantegazza, *Gli Amori degli Uomini*, French translation, p. 83 *et seq.*) Riedel informed Miklucho-Macleay that in the Celebes the Alfurus fasten the eyelids of goats with the eyelashes round the corona of the glans penis, and in Java a piece of goatskin is used in a similar way, so as to form a hairy sheath (*Zeitschrift für Ethnologie*, 1876, pp. 22-25), while among the Batta, of Sumatra, Hagen found that small stones are inserted by an incision under the skin of the penis (*Zeitschrift für Ethnologie*, 1891, ht. 3, p. 351).

In the Malay peninsula Stevens found instruments somewhat similar to the *ampallang* still in use among some tribes, and among others formerly in use. He thinks they were brought from Borneo. (H. V. Stevens, *Zeitschrift für Ethnologie*, 1896, ht. 4, p. 181.) Bloch, who brings forward other examples of similar devices (*Beiträge zur Aetiologie der Psychopathia Sexualis*, pp. 56-58), considers that the Australian mica operation may thus in part be explained.

Such instruments are not, however, entirely unknown in Europe. In France, in the eighteenth century, it appears that rings, sometimes set with hard knobs, and called "aides," were occasionally used by men to heighten the pleasure of women in intercourse. (Dühren, *Marquis de Sade*, 1901, p. 130.) In Russia, according to Weissenberg, of Elizabethgrad, it is not uncommon to use elastic rings set with little teeth; these rings are fastened around the base of the glans. (Weissenberg, *Zeitschrift für Ethnologie*, 1893, ht. 2, p. 135.) This instrument must have been brought to Russia from the East, for Burton (in the notes to his *Arabian Nights*) mentions a precisely similar instrument as in use in China. Somewhat similar is the "Chinese hedgehog," a wreath of fine, soft feathers with the quills solidly fastened by silver wire to a ring of the same metal, which is slipped over the glans. In South America the Araucanians of Argentina use a little horsehair brush fastened around the penis; one of these is in the museum at La Plata; it is said the custom may have been borrowed from the Patagonians; these instruments, called *geskels*, are made by the women and the workmanship is very delicate. (Lehmann-Nitsche, *Zeitschrift für Ethnologie*, 1900, ht. 6, p. 491.) It is noteworthy that a somewhat similar tuft of horsehair is also worn in Borneo. (Breitenstein, *21 Jahre in India*, 1899, pt. i, p. 227.) Most of the accounts state that the women attach great importance to the gratification afforded by such instruments. In Borneo

a modest woman symbolically indicates to her lover the exact length of the ampallang she would prefer by leaving at a particular spot a cigarette of that length. Miklucho-Macleay considers that these instruments were invented by women. Brooke Low remarks that "no woman once habituated to its use will ever dream of permitting her bedfellow to discontinue the practice of wearing it," and Stevens states that at one time no woman would marry a man who was not furnished with such an apparatus. It may be added that a very similar appliance may be found in European countries (especially Germany) in the use of a condom furnished with irregularities, or a frill, in order to increase the woman's excitement. It is not impossible to find evidence that, in European countries, even in the absence of such instruments, the craving which they gratify still exists in women. Thus, Mauriac tells of a patient with vegetations on the glans who delayed treatment because his mistress liked him so best (art. "Végétations," *Dictionnaire de Médecine et Chirurgie pratique*).

It may seem that such impulses and such devices to gratify them are altogether unnatural. This is not so. They have a zoölogical basis and in many animals are embodied in the anatomical structure. Many rodents, ruminants, and some of the carnivora show natural developments of the penis closely resembling some of those artificially adopted by man. Thus the guinea-pigs possess two horny styles attached to the penis, while the glans of the penis is covered with sharp spines. Some of the Caviidæ also have two sharp, horny saws at the side of the penis. The cat, the rhinoceros, the tapir, and other animals possess projecting structures on the penis, and some species of ruminants, such as the sheep, the giraffe, and many antelopes, have, attached to the penis, long filiform processes through which the urethra passes. (F. H. A. Marshall, *The Physiology of Reproduction*, pp. 246-248.)

We find, even in creatures so delicate and ethereal as the butterflies, a whole armory of keen weapons for use in coitus. These were described in detail in an elaborate and fully illustrated memoir by P. H. Gosse ("On the Clasping Organs Ancillary to Generation in Certain Groups of the Lepidoptera," *Transactions of the Linnean Society*, second series, vol. ii, Zoölogy, 1882). These organs, which Gosse terms *harpes* (or grappling irons), are found in the Papilionidæ and are very beautiful and varied, taking the forms of projecting claws, hooks, pikes, swords, knobs, and strange combinations of these, commonly brought to a keen edge and then cut into sharp teeth.

It is probable that all these structures serve to excite the sexual apparatus of the female and to promote tumescence.

To the careless observer there may seem to be something vicious or perverted in such manifestations in man. That opinion becomes

very doubtful when we consider how these tendencies occur in people living under natural conditions in widely separated parts of the world. It becomes still further untenable if we are justified in believing that the ancestors of men possessed projecting epithelial appendages attached to the penis, and if we accept the discovery by Friedenthal of the rudiment of these appendages on the penis of the human fetus at an early stage (Friedenthal, "Sonderformen der menschlichen Leibesbildung," *Sexual-Probleme*, Feb., 1912, p. 129). In this case human ingenuity would merely be seeking to supply an organ which nature has ceased to furnish, although it is still in some cases needed, especially among peoples whose aptitude for erethism has remained at, or fallen to, a subhuman level.

At first sight the connection between love and pain—the tendency of men to delight in inflicting it and women in suffering it—seems strange and inexplicable. It seems amazing that a tender and even independent woman should maintain a passionate attachment to a man who subjects her to physical and moral insults, and that a strong man, often intelligent, reasonable, and even kind-hearted, should desire to subject to such insults a woman whom he loves passionately and who has given him every final proof of her own passion. In understanding such cases we have to remember that it is only within limits that a woman really enjoys the pain, discomfort, or subjection to which she submits. A little pain which the man knows he can himself soothe, a little pain which the woman gladly accepts as the sign and forerunner of pleasure—this degree of pain comes within the normal limits of love and is rooted, as we have seen, in the experience of the race. But when it is carried beyond these limits, though it may still be tolerated because of the support it receives from its biological basis, it is no longer enjoyed. The natural note has been too violently struck, and the rhythm of love has ceased to be perfect. A woman may desire to be forced, to be roughly forced, to be ravished away beyond her own will. But all the time she only desires to be forced toward those things which are essentially and profoundly agreeable to her. A man who fails to realize this has made little progress in the art of love. "I like being knocked about, and made to do things I don't want to do," a

woman said, but she admitted, on being questioned, that she would not like to have *much* pain inflicted, and that she might not care to be made to do important things she did not want to do. The story of Griselda's unbounded submissiveness can scarcely be said to be psychologically right, though it has its artistic rightness as an elaborate fantasia on this theme justified by its conclusion.

This point is further illustrated by the following passage from a letter written by a lady: "Submission to the man's will is still, and always must be, the prelude to pleasure, and the association of ideas will probably always produce this much misunderstood instinct. Now, I find, indirectly from other women and directly from my own experience, that, when the point in dispute is very important and the man exerts his authority, the desire to get one's own way completely obliterates the sexual feeling, while, conversely, in small things the sexual feeling obliterates the desire to have one's own way. Where the two are nearly equal a conflict between them ensues, and I can stand aside and wonder which will get the best of it, though I encourage the sexual feeling when possible, as, if the other conquers, it leaves a sense of great mental irritation and physical discomfort. A man should command in small things, as in nine cases out of ten this will produce excitement. He should *advise* in large matters, or he may find either that he is unable to enforce his orders or that he produces a feeling of dislike and annoyance he was far from intending. Women imagine men must be stronger than themselves to excite their passion. I disagree. A passionate man has the best chance, for in him the primitive instincts are strong. The wish to subdue the female is one of them, and in small things he will exert his authority to make her feel his power, while she knows that on a question of real importance she has a good chance of getting her own way by working on his greater susceptibility. Perhaps an illustration will show what I mean. I was listening to the band and a girl and her *fiancé* came up to occupy two seats near me. The girl sank into one seat, but for some reason the man wished her to take the other. She refused. He repeated his order twice, the second time so peremptorily that she changed places, and I heard him say: 'I don't think you heard what I said. I don't expect to give an order three times.'

"This little scene interested me, and I afterward asked the girl the following questions:—

"Had you any reason for taking one chair more than the other?"

"No."

"Did Mr. ——'s insistence on your changing give you any pleasure?"

"Yes' (after a little hesitation).

"Why?"

"I don't know."

"Would it have done so if you had particularly wished to sit in that chair; if, for instance, you had had a boil on your cheek and wished to turn that side away from him?"

"No; certainly not. The worry of thinking he was looking at it would have made me too cross to feel pleased."

"Does this explain what I mean? The occasion, by the way, need not be really important, but, as in this imaginary case of the boil, if it *seems important* to the woman, irritation will outweigh the physical sensation."

I am well aware that in thus asserting a certain tendency in women to delight in suffering pain—however careful and qualified the position I have taken—many estimable people will cry out that I am degrading a whole sex and generally supporting the "subjection of women." But the day for academic discussion concerning the "subjection of women" has gone by. The tendency I have sought to make clear is too well established by the experience of normal and typical women—however numerous the exceptions may be—to be called in question. I would point out to those who would deprecate the influence of such facts in relation to social progress that nothing is gained by regarding women as simply men of smaller growth. They are not so; they have the laws of their own nature; their development must be along their own lines, and not along masculine lines. It is as true now as in Bacon's day that we only learn to command nature by obeying her. To ignore facts is to court disappointment in our measure of progress. The particular fact with which we have here come in contact is very vital and radical, and most subtle in its influence. It is foolish to ignore it; we must allow for its existence. We can neither attain a sane view of life nor a sane social legislation of life unless we possess a just and accurate knowledge of the fundamental instincts upon which life is built.

II.

The Definition of Sadism—De Sade—Masochism to some Extent Normal—Sacher-Masoch—No Real Line of Demarcation between Sadism and Masochism—Algolagnia includes both Groups of Manifestations—The Love-bite as a Bridge from Normal Phenomena to Algolagnia—The Fascination of Blood—The Most Extreme Perversions are Linked on to Normal Phenomena.

We thus see that there are here two separate groups of feelings: one, in the masculine line, which delights in displaying force and often inflicts pain or the simulacrum of pain; the other, in the feminine line, which delights in submitting to that force, and even finds pleasure in a slight amount of pain, or the idea of pain, when associated with the experiences of love. We see, also, that these two groups of feelings are complementary. Within the limits consistent with normal and healthy life, what men are impelled to give women love to receive. So that we need not unduly deprecate the "cruelty" of men within these limits, nor unduly commiserate the women who are subjected to it.

Such a conclusion, however, as we have also seen, only holds good within those normal limits which an attempt has here been made to determine. The phenomena we have been considering are strictly normal phenomena, having their basis in the conditions of tumescence and detumescence in animal and primitive human courtship. At one point, however, when discussing the phenomena of the love-bite, I referred to the facts which indicate how this purely normal manifestation yet insensibly passes over into the region of the morbid. It is an instance that enables us to realize how even the most terrible and repugnant sexual perversions are still demonstrably linked on to phenomena that are fundamentally normal. The love-bite may be said to give us the key to that perverse impulse which has been commonly called sadism.

There is some difference of opinion as to how "sadism" may be best defined. Perhaps the simplest and most usual definition is that of Krafft-Ebing, as sexual emotion associated with the wish to inflict pain and use violence, or, as he elsewhere expresses it, "the impulse to cruel and violent treatment of the opposite sex, and the coloring of the idea of such acts with lustful feeling."¹ A more complete definition is that of Moll, who describes sadism as a condition in which "the sexual impulse consists in the tendency to strike, ill-use, and humiliate the beloved person."² This definition has the advantage of bringing in the element of moral pain. A further extension is made in Féré's definition as "the need of association of violence and cruelty with sexual enjoyment, such violence or cruelty not being necessarily exerted by the person himself who seeks sexual pleasure in this association."³ Garnier's definition, while comprising all these points, further allows for the fact that a certain degree of sadism may be regarded as normal. "Pathological sadism," he states, "is an impulsive and obsessing sexual perversion characterized by a close connection between suffering inflicted or mentally represented and the sexual orgasm, without this necessary and sufficing condition frigidity usually remaining absolute."⁴ It must be added that these definitions are very incomplete if by "sadism" we are to understand the special sexual perversions which are displayed in De Sade's novels. Iwan Bloch ("Eugen Dühren"), in the course of his book on De Sade, has attempted a definition strictly on this basis, and, as will be seen, it is necessary to make it very elaborate: "A connection, whether intentionally sought or offered by chance, of sexual excitement and sexual enjoyment with the real or only symbolic (ideal, illusionary) appearance of

¹ Krafft-Ebing, *Psychopathia Sexualis*, English translation of tenth German edition, pp. 80, 209. It should be added that the object of the sadistic impulse is not necessarily a person of the opposite sex.

² A. Moll, *Die Konträre Sexualempfindung*, third edition, 1899, p. 309.

³ Féré, *L'Instinct Sexuel*, p. 133.

⁴ P. Garnier, "Des Perversions Sexuelles," Thirteenth International Congress of Medicine, Section of Psychiatry, Paris, 1900.

frightful and shocking events, destructive occurrences and practices, which threaten or destroy the life, health, and property of man and other living creatures, and threaten and interrupt the continuity of inanimate objects, whereby the person who from such occurrences obtains sexual enjoyment may either himself be the direct cause, or cause them to take place by means of other persons, or merely be the spectator, or, finally, be, voluntarily or involuntarily, the object against which these processes are directed."¹ This definition of sadism as found in De Sade's works is thus, more especially by its final clause, a very much wider conception than the usual definition.

Donatien Alphonse François, Marquis De Sade, was born in 1740 at Paris in the house of the great Condé. He belonged to a very noble, ancient, and distinguished Provençal family; Petrarch's Laura, who married a De Sade, was one of his ancestors, and the family had cultivated both arms and letters with success. He was, according to Lacroix, "an adorable youth whose delicately pale and dusky face, lighted up by two large black [according to another account blue] eyes, already bore the languorous imprint of the vice which was to corrupt his whole being"; his voice was "drawling and caressing"; his gait had "a softly feminine grace." Unfortunately there is no authentic portrait of him. His early life is sketched in letter iv of his *Aline et Valcourt*. On leaving the Collège-Louis-le-Grand he became a cavalry officer and went through the Seven Years' War in Germany. There can be little doubt that the experiences of his military life, working on a femininely vicious temperament, had much to do with the development of his perversion. He appears to have got into numerous scrapes, of which the details are unknown, and his father sought to marry him to the daughter of an aristocratic friend of his own, a noble and amiable girl of 20. It so chanced that when young De Sade first went to the house of his future wife only her younger sister, a girl of 13, was at home; with her he at once fell in love and his love was reciprocated; they were both musical enthusiasts, and she had a beautiful voice. The parents insisted on carrying out the original scheme of marriage. De Sade's wife loved him, and, in spite of everything, served his interests with Griselda-like devotion; she was, Ginisty remarks, a saint, a saint of conjugal life; but her love was from the first only requited with repulsion, contempt, and suspicion. There were, however, children of the

¹ E. Dühren, *Der Marquis de Sade und Seine Zeit*, third edition, 1901, p. 449.

marriage; the career of the eldest—an estimable young man who went into the army and also had artistic ability, but otherwise had no community of tastes with his father—has been sketched by Paul Ginisty, who has also edited the letters of the Marquise. De Sade's passion for the younger sister continued (he idealized her as Juliette), though she was placed in a convent beyond his reach, and at a much later period he eloped with her and spent perhaps the happiest period of his life, soon terminated by her death. It is evident that this unhappy marriage was decisive in determining De Sade's career; he at once threw himself recklessly into every form of dissipation, spending his health and his substance sometimes among refinedly debauched nobles and sometimes among coarsely debauched lackeys. He was, however, always something of an artist, something of a student, something of a philosopher, and at an early period he began to write, apparently at the age of 23. It was at this age, and only a few months after his marriage, that on account of some excess he was for a time confined in Vincennes. He was destined to spend 27 years of his life in prisons, if we include the 13 years which in old age he passed in the asylum at Charenton. His actual offenses were by no means so terrible as those he loved to dwell on in imagination, and for the most part they have been greatly exaggerated. His most extreme offenses were the indecent and forcible flagellation in 1768 of a young woman, Rosa Keller, who had accosted him in the street for alms, and whom he induced by false pretenses to come to his house, and the administration of aphrodisiacal bonbons to some prostitutes at Marseilles. It is owing to the fact that the prime of his manhood was spent in prisons that De Sade fell back on dreaming, study, and novel-writing. Shut out from real life, he solaced his imagination with the perverted visions—to a very large extent, however, founded on knowledge of the real facts of perverted life in his time—which he has recorded in *Justine* (1781); *Les 120 Journées de Sodome ou l'Ecole du Libertinage* (1785); *Aline et Valcour ou le Roman Philosophique* (1788); *Juliette* (1796); *La Philosophie dans le Boudoir* (1795). These books constitute a sort of encyclopedia of sexual perversions, an eighteenth century *Psychopathia Sexualis*, and embody, at the same time, a philosophy. He was the first, Bloch remarks, who realized the immense importance of the sexual question. His general attitude may be illustrated by the following passage (as quoted by Lacassagne): "If there are beings in the world whose acts shock all accepted prejudices, we must not preach at them or punish them . . . because their bizarre tastes no more depend upon themselves than it depends on you whether you are witty or stupid, well made or hump-backed. . . . What would become of your laws, your morality, your religion, your gallows, your Paradise, your gods,

your hell, if it were shown that such and such fluids, such fibers, or a certain acidity in the blood, or in the animal spirits, alone suffice to make a man the object of your punishments or your rewards?" He was enormously well read, Bloch points out, and his interest extended to every field of literature: *belles lettres*, philosophy, theology, politics, sociology, ethnology, mythology, and history. Perhaps his favorite reading was travels. He was minutely familiar with the bible, though his attitude was extremely critical. His favorite philosopher was Lamettrie, whom he very frequently quotes, and he had carefully studied Machiavelli.

De Sade had foreseen the Revolution; he was an ardent admirer of Marat, and at this period he entered into public life as a mild, gentle, rather bald and gray-haired person. Many scenes of the Revolution were the embodiment in real life of De Sade's imagination; such, for instance, were the barbaric tortures inflicted, at the instigation of Théroigne de Méricourt, on La Belle Bouquetière. Yet De Sade played a very peaceful part in the events of that time, chiefly as a philanthropist, spending much of his time in the hospitals. He saved his parents-in-law from the scaffold, although they had always been hostile to him, and by his moderation aroused the suspicions of the revolutionary party, and was again imprisoned. Later he wrote a pamphlet against Napoleon, who never forgave him and had him shut up in Charenton as a lunatic; it was a not unusual method at that time of disposing of persons whom it was wished to put out of the way, and, notwithstanding De Sade's organically abnormal temperament, there is no reason to regard him as actually insane. Royer-Collard, an eminent alienist of that period, then at the head of Charenton, declared De Sade to be sane, and his detailed report is still extant. Other specialists were of the same opinion. Bloch, who quotes these opinions (*Neue Forschungen*, etc., p. 370), says that the only possible conclusion is that De Sade was sane, but neurasthenic, and Eulenburg also concludes that he cannot be regarded as insane, although he was highly degenerate. In the asylum he amused himself by organizing a theater. Lacroix, many years later, questioning old people who had known him, was surprised to find that even in the memory of most virtuous and respectable persons he lived merely as an "*aimable mauvais sujet*." It is noteworthy that De Sade aroused, in a singular degree, the love and devotion of women,—whether or not we may regard this as evidence of the fascination exerted on women by cruelty. Janin remarks that he had seen many pretty little letters written by young and charming women of the great world, begging for the release of the "*pauvre marquis*."

Sardou, the dramatist, has stated that in 1855 he visited the Bicêtre and met an old gardener who had known De Sade during his

reclusion there. He told that one of the marquis's amusements was to procure baskets of the most beautiful and expensive roses; he would then sit on a footstool by a dirty streamlet which ran through the courtyard, and would take the roses, one by one, gaze at them, smell them with a voluptuous expression, soak them in the muddy water, and fling them away, laughing as he did so. He died on the 2d of December, 1814, at the age of 74. He was almost blind, and had long been a martyr to gout, asthma, and an affection of the stomach. It was his wish that acorns should be planted over his grave and his memory effaced. At a later period his skull was examined by a phrenologist, who found it small and well formed; "one would take it at first for a woman's head." The skull belonged to Dr. Londe, but about the middle of the century it was stolen by a doctor who conveyed it to England, where it may possibly yet be found. [The foregoing account is mainly founded on Paul Lacroix, *Revue de Paris*, 1837, and *Curiosités de l'Histoire de France*, second series, *Procès Célèbres*, p. 225; Janin, *Revue de Paris*, 1834; Eugen Dühren (Iwan Bloch), *Der Marquis de Sade und Seine Zeit*, third edition, 1901; *id.*, *Neue Forschungen über den Marquis de Sade und Seine Zeit*, 1904; Lacassagne, *Vacher l'Eventreur et les Crimes Sadiques*, 1899; Paul Ginisty, *La Marquise de Sade*, 1901.]

The attempt to define sadism strictly and penetrate to its roots in De Sade's personal temperament reveals a certain weakness in the current conception of this sexual perversion. It is not, as we might infer, both from the definition usually given and from its probable biological heredity from primitive times, a perversion due to excessive masculinity. The strong man is more apt to be tender than cruel, or at all events knows how to restrain within bounds any impulse to cruelty; the most extreme and elaborate forms of sadism (putting aside such as are associated with a considerable degree of imbecility) are more apt to be allied with a somewhat feminine organization. Montaigne, indeed, observed long ago that cruelty is usually accompanied by feminine softness.

In the same way it is a mistake to suppose that the very feminine woman is not capable of sadistic tendencies. Even if we take into account the primitive animal conditions of combat, the male must suffer as well as inflict pain, and the female must not only experience subjection to the male, but also share in the emotions of her partner's victory over his rivals. As bearing on these points, I may quote the following

remarks written by a lady: "It is said that, the weaker and more feminine a woman is, the greater the subjection she likes. I don't think it has anything at all to do with the general character, but depends entirely on whether the feeling of constraint and helplessness affects her sexually. In men I have several times noticed that those who were most desirous of subjection to the women they loved had, in ordinary life, very strong and determined characters. I know of others, too, who with very weak characters are very imperious toward the women they care for. Among women I have often been surprised to see how a strong, determined woman will give way to a man she loves, and how tenacious of her own will may be some fragile, clinging creature who in daily life seems quite unable to act on her own responsibility. A certain amount of passivity, a desire to have their emotions worked on, seems to me, so far as my small experience goes, very common among ordinary, presumably normal men. A good deal of stress is laid on femininity as an attraction in a woman, and this may be so to very strong natures, but, so far as I have seen, the women who obtain extraordinary empire over men are those with a certain *virility* in their character and passions. If with this virility they combine a fragility or childishness of appearance which appeals to a man in another way at the same time, they appear to be irresistible."

I have noted some of the feminine traits in De Sade's temperament and appearance. The same may often be noted in sadists whose crimes were very much more serious and brutal than those of De Sade. A man who stabbed women in the streets at St. Louis was a waiter with a high-pitched, effeminate voice and boyish appearance. Reidel, the sadistic murderer, was timid, modest, and delicate; he was too shy to urinate in the presence of other people. A sadistic zoöphilist, described by A. Marie, who attempted to strangle a woman fellow-worker, had always been very timid, blushed with much facility, could not look even children in the eyes, or urinate in the presence of another person, or make sexual advances to women.

Kiernan and Moyer are inclined to connect the modesty and timidity of sadists with a disgust for normal coitus. They were called upon to examine an inverted married woman who had inflicted several hundred wounds, mostly superficial, with forks, scissors, etc., on the genital organs and other parts of a girl whom she had adopted from a "Home." This woman was very prominent in church and social matters in the city in which she lived, so that many clergymen and local persons of importance testified to her chaste, modest, and even prudish character; she was found to be sane at the time of the acts. (Moyer, *Alienist and Neurologist*, May, 1907, and private letter from Dr. Kiernan.)

We are thus led to another sexual perversion, which is usually considered the opposite of sadism. Masochism is commonly regarded as a peculiarly feminine sexual perversion, in women, indeed, as normal in some degree, and in man as a sort of inversion of the normal masculine emotional attitude, but this view of the matter is not altogether justified, for definite and pronounced masochism seems to be much rarer in women than sadism.¹ Krafft-Ebing, whose treatment of this phenomenon is, perhaps, his most valuable and original contribution to sexual psychology, has dealt very fully with the matter and brought forward many cases. He thus defines this perversion: "By masochism I understand a peculiar perversion of the psychical *vita sexualis* in which the individual affected, in sexual feeling and thought, is controlled by the idea of being completely and unconditionally subject to the will of a person of the opposite sex, of being treated by this person as by a master, humiliated and abused. This idea is colored by sexual feeling; the masochist lives in fancies in which he creates situations of this kind, and he often attempts to realize them."²

In a minor degree, not amounting to a complete perversion of the sexual instinct, this sentiment of abnegation, the desire to be even physically subjected to the adored woman, cannot be regarded as abnormal. More than two centuries before Krafft-Ebing appeared, Robert Burton, who was no mean psychologist, dilated on the fact that love is a kind of slavery. "They are commonly slaves," he wrote of lovers, "captives, voluntary servants; *amator amicæ mancipium*, as Castilio terms him; his mistress's servant, her drudge, prisoner, bondman, what not?"³ Before Burton's time the legend of the erotic servitude of Aristotle was widely spread in Europe, and pictures exist of the

¹ See, for instance, Bloch's *Beiträge zur Ätiologie der Psychopathia Sexualis*, part ii, p. 178.

² Krafft-Ebing, *Psychopathia Sexualis*, English translation of tenth German edition, p. 115. Stefanowsky, who also discussed this condition (*Archives de l'Anthropologie Criminelle*, May, 1892, and translation, with notes by Kiernan, *Alienist and Neurologist*, Oct., 1892), termed it passivism.

³ *Anatomy of Melancholy*, part iii, section 2, mem. iii, subs. 1.

venerable philosopher on all fours ridden by a woman with a whip.¹ In classic times various masochistic phenomena are noted with approval by Ovid. It has been pointed out by Moll² that there are traces of masochistic feeling in some of Goethe's poems, especially "Lilis Park" and "Erwin und Elmire." Similar traces have been found in the poems of Heine, Platen, Hamerling, and many other poets.³ The poetry of the people is also said to contain many such traces. It may, indeed, be said that passion in its more lyric exaltations almost necessarily involves some resort to masochistic expression. A popular lady novelist in a novel written many years ago represents her hero, a robust soldier, imploring the lady of his love, in a moment of passionate exaltation, to trample on him, certainly without any wish to suggest sexual perversion. If it is true that the Antonio of Otway's *Venice Preserved* is a caricature of Shaftesbury, then it would appear that one of the greatest of English statesmen was supposed to exhibit very pronounced and characteristic masochistic tendencies; and in more recent days masochistic expressions have been noted as occurring in the love-letters of so emphatically virile a statesman as Bismarck.

Thus a minor degree of the masochistic tendency may be said to be fairly common, while its more pronounced manifestations are more common than pronounced sadism.⁴ It very frequently affects persons of a sensitive, refined, and artistic temperament. It may even be said that this tendency is in the line of civilization. Krafft-Ebing points out that some of the most delicate and romantic love-episodes of the Middle Ages are distinctly colored by masochistic emotion.⁵ The increasing

¹ "Aristoteles als Masochist," *Geschlecht und Gesellschaft*, Bd. ii, ht. 2.

² *Die Konträre Sexualempfindung*, third edition, p. 277. Cf. C. F. von Schlichtegroll, *Sacher-Masoch und der Masochismus*, p. 120.

³ See C. F. von Schlichtegroll, *loc. cit.*, p. 124 *et seq.*

⁴ Iwan Bloch considers that it is the commonest of all sexual perversions, more prevalent even than homosexuality.

⁵ It has no doubt been prominent in earlier civilization. A very pronounced masochist utterance may be found in an ancient Egyptian love-song written about 1200 B.C.: "Oh! were I made her porter, I

tendency to masochism with increasing civilization becomes explicable if we accept Colin Scott's "secondary law of courting" as accessory to the primary law that the male is active, and the female passive and imaginatively attentive to the states of the excited male. According to the secondary law, "the female develops a superadded activity, the male becoming relatively passive and imaginatively attentive to the psychical and bodily states of the female."¹ We may probably agree that this "secondary law of courting" does really represent a tendency of love in individuals of complex and sensitive nature, and the outcome of such a receptive attitude on the part of the male is undoubtedly in well-marked cases a desire of submission to the female's will, and a craving to experience in some physical or psychic form, not necessarily painful, the manifestations of her activity.

When we turn from vague and unpronounced forms of the masochistic tendency to the more definite forms in which it becomes an unquestionable sexual perversion, we find a very eminent and fairly typical example in Rousseau, an example all the more interesting because here the subject has himself portrayed his perversion in his famous *Confessions*. It is, however, the name of a less eminent author, the Austrian novelist, Sacher-Masoch, which has become identified with the perversion through the fact that Krafft-Ebing fixed upon it as furnishing a convenient counterpart to the term "sadism." It is on the strength of a considerable number of his novels and stories, more especially of *Die Venus im Pelz*, that Krafft-Ebing took the scarcely warrantable liberty of identifying his name, while yet living, with a sexual perversion.

should cause her to be wrathful with me. Then when I did but hear her voice, the voice of her anger, a child shall I be for fear." (Wiedemann, *Popular Literature in Ancient Egypt*, p. 9.) The activity and independence of the Egyptian women at the time may well have offered many opportunities to the ancient Egyptian masochist.

¹ Colin Scott, "Sex and Art," *American Journal of Psychology*, vol. vii, No. 2, p. 208.

Sacher-Masoch's biography has been written with intimate knowledge and much candor by C. F. von Schlichtegroll (*Sacher-Masoch und der Masochismus*, 1901) and, more indirectly, by his first wife Wanda von Sacher-Masoch in her autobiography (*Meine Lebensbeichte*, 1906; French translation, *Confession de ma Vie*, 1907). Schlichtegroll's book is written with a somewhat undue attempt to exalt his hero and to attribute his misfortunes to his first wife. The autobiography of the latter, however, enables us to form a more complete picture of Sacher-Masoch's life, for, while his wife by no means spares herself, she clearly shows that Sacher-Masoch was the victim of his own abnormal temperament, and she presents both the sensitive, refined, exalted, and generous aspects of his nature, and his morbid, imaginative, vain aspects.

Leopold von Sacher-Masoch was born in 1836 at Lemberg in Galicia. He was of Spanish, German, and more especially Slavonic race. The founder of the family may be said to be a certain Don Matthias Sacher, a young Spanish nobleman, in the sixteenth century, who settled in Prague. The novelist's father was director of police in Lemberg and married Charlotte von Masoch, a Little Russian lady of noble birth. The novelist, the eldest child of this union, was not born until after nine years of marriage, and in infancy was so delicate that he was not expected to survive. He began to improve, however, when his mother gave him to be suckled to a robust Russian peasant woman, from whom, as he said later, he gained not only health, but "his soul"; from her he learned all the strange and melancholy legends of her people and a love of the Little Russians which never left him. While still a child young Sacher-Masoch was in the midst of the bloody scenes of the revolution which culminated in 1848. When he was 12 the family migrated to Prague, and the boy, though precocious in his development, then first learned the German language, of which he attained so fine a mastery. At a very early age he had found the atmosphere, and even some of the most characteristic elements, of the peculiar types which mark his work as a novelist.

It is interesting to trace the germinal elements of those peculiarities which so strongly affected his imagination on the sexual side. As a child, he was greatly attracted by representations of cruelty; he loved to gaze at pictures of executions, the legends of martyrs were his favorite reading, and with the onset of puberty he regularly dreamed that he was fettered and in the power of a cruel woman who tortured him. It has been said by an anonymous author that the women of Galicia either rule their husbands entirely and make them their slaves or themselves sink to be the wretchedest of slaves. At the age of 10, according to Schlichtegroll's narrative, the child Leopold witnessed a scene in which a woman of the former kind, a certain Countess Xenobia

X., a relative of his own on the paternal side, played the chief part, and this scene left an undying impress on his imagination. The Countess was a beautiful but wanton creature, and the child adored her, impressed alike by her beauty and the costly furs she wore. She accepted his devotion and little services and would sometimes allow him to assist her in dressing; on one occasion, as he was kneeling before her to put on her ermine slippers, he kissed her feet; she smiled and gave him a kick which filled him with pleasure. Not long afterward occurred the episode which so profoundly affected his imagination. He was playing with his sisters at hide-and-seek and had carefully hidden himself behind the dresses on a clothes-rail in the Countess's bedroom. At this moment the Countess suddenly entered the house and ascended the stairs, followed by a lover, and the child, who dared not betray his presence, saw the countess sink down on a sofa and begin to caress her lover. But a few moments later the husband, accompanied by two friends, dashed into the room. Before, however, he could decide which of the lovers to turn against the Countess had risen and struck him so powerful a blow in the face with her fist that he fell back streaming with blood. She then seized a whip, drove all three men out of the room, and in the confusion the lover slipped away. At this moment the clothes-rail fell and the child, the involuntary witness of the scene, was revealed to the Countess, who now fell on him in anger, threw him to the ground, pressed her knee on his shoulder, and struck him unmercifully. The pain was great, and yet he was conscious of a strange pleasure. While this castigation was proceeding the Count returned, no longer in a rage, but meek and humble as a slave, and knelt down before her to beg forgiveness. As the boy escaped he saw her kick her husband. The child could not resist the temptation to return to the spot; the door was closed and he could see nothing, but he heard the sound of the whip and the groans of the Count beneath his wife's blows.

It is unnecessary to insist that in this scene, acting on a highly sensitive and somewhat peculiar child, we have the key to the emotional attitude which affected so much of Sacher-Masoch's work. As his biographer remarks, woman became to him, during a considerable part of his life, a creature at once to be loved and hated, a being whose beauty and brutality enabled her to set her foot at will on the necks of men, and in the heroine of his first important novel, the *Emissär*, dealing with the Polish Revolution, he embodied the contradictory personality of Countess Xenobia. Even the whip and the fur garments, Sacher-Masoch's favorite emotional symbols, find their explanation in this early episode. He was accustomed to say of an attractive woman: "I should like to see her in furs," and, of an unattractive woman: "I could not imagine her in furs." His writing-paper at one time was

adorned with the figure of a woman in Russian Boyar costume, her cloak lined with ermine, and brandishing a scourge. On his walls he liked to have pictures of women in furs, of the kind of which there is so magnificent an example by Rubens in the gallery at Munich. He would even keep a woman's fur cloak on an ottoman in his study and stroke it from time to time, finding that his brain thus received the same kind of stimulation as Schiller found in the odor of rotten apples.¹

At the age of 13, in the revolution of 1848, young Sacher-Masoch received his baptism of fire; carried away in the popular movement, he helped to defend the barricades together with a young lady, a relative of his family, an amazon with a pistol in her girdle, such as later he loved to depict. This episode was, however, but a brief interruption of his education; he pursued his studies with brilliance, and on the higher side his education was aided by his father's esthetic tastes. Amateur theatricals were in special favor at his home, and here even the serious plays of Goethe and Gogol were performed, thus helping to train and direct the boy's taste. It is, perhaps, however, significant that it was a tragic event which, at the age of 16, first brought to him the full realization of life and the consciousness of his own power. This was the sudden death of his favorite sister. He became serious and quiet, and always regarded this grief as a turning-point in his life.

At the Universities of Prague and Graz he studied with such zeal that when only 19 he took his doctor's degree in law and shortly afterward became a *privatdocent* for German history at Graz. Gradually, however, the charms of literature asserted themselves definitely, and he soon abandoned teaching. He took part, however, in the war of 1866 in Italy, and at the battle of Solferino he was decorated on the field for bravery in action by the Austrian field-marshal. These incidents, however, had little disturbing influence on Sacher-Masoch's literary career, and he was gradually acquiring a European reputation by his novels and stories.

¹ It must not be supposed that the attraction of fur or of the whip is altogether accounted for by such a casual early experience as in Sacher-Masoch's case served to evoke it. The whip we shall have to consider briefly later on. The fascination exerted by fur, whether manifesting itself as love or fear, would appear to be very common in many children, and almost instinctive. Stanley Hall, in his "Study of Fears" (*American Journal of Psychology*, vol. viii, p. 213) has obtained as many as 111 well-developed cases of fear of fur, or, as he terms it, *doraphobia*, in some cases appearing as early as the age of 6 months, and he gives many examples. He remarks that the love of fur is still more common, and concludes that "both this love and fear are so strong and instinctive that they can hardly be fully accounted for without recourse to a time when association with animals was far closer than now, or perhaps when our remote ancestors were hairy." (*Cf. "Erotic Symbolism,"* iv, in the fifth volume of these *Studies*.)

A far more seriously disturbing influence had already begun to be exerted on his life by a series of love-episodes. Some of these were of slight and ephemeral character; some were a source of unalloyed happiness, all the more so if there was an element of extravagance to appeal to his Quixotic nature. He always longed to give a dramatic and romantic character to his life, his wife says, and he spent some blissful days on an occasion when he ran away to Florence with a Russian princess as her private secretary. Most often these episodes culminated in deception and misery. It was after a relationship of this kind from which he could not free himself for four years that he wrote *Die Geschiedene Frau, Passionsgeschichte eines Idealisten*, putting into it much of his own personal history. At one time he was engaged to a sweet and charming young girl. Then it was that he met a young woman at Graz, Laura Rümelin, 27 years of age, engaged as a glove-maker, and living with her mother. Though of poor parentage, with little or no knowledge of the world, she had great natural ability and intelligence. Schlichtegroll represents her as spontaneously engaging in a mysterious intrigue with the novelist. Her own detailed narrative renders the circumstances more intelligible. She approached Sacher-Masoch by letter, adopting for disguise the name of his heroine Wanda von Dunajev, in order to recover possession of some compromising letters which had been written to him, as a joke, by a friend of hers. Sacher-Masoch insisted on seeing his correspondent before returning the letters, and with his eager thirst for romantic adventure he imagined that she was a married woman of the aristocratic world, probably a Russian countess, whose simple costume was a disguise. Not anxious to reveal the prosaic facts, she humored him in his imaginations and a web of mystification was thus formed. A strong attraction grew up on both sides and, though for some time Laura Rümelin maintained the mystery and held herself aloof from him, a relationship was formed and a child born. Thereupon, in 1893, they married. Before long, however, there was disillusion on both sides. She began to detect the morbid, chimerical, and unpractical aspects of his character, and he realized that not only was his wife not an aristocrat, but, what was of more importance to him, she was by no means the domineering heroine of his dreams. Soon after marriage, in the course of an innocent romp in which the whole of the small household took part, he asked his wife to inflict a whipping on him. She refused, and he thereupon suggested that the servant should do it; the wife failed to take this idea seriously; but he had it carried out, with great satisfaction at the severity of the castigation he received. When, however, his wife explained to him that, after this incident, it was impossible for the servant to stay, Sacher-Masoch quite agreed and

she was at once discharged. But he constantly found pleasure in placing his wife in awkward or compromising circumstances, a pleasure she was too normal to share. This necessarily led to much domestic wretchedness. He had persuaded her, against her wish, to whip him nearly every day, with whips which he devised, having nails attached to them. He found this a stimulant to his literary work, and it enabled him to dispense in his novels with his stereotyped heroine who is always engaged in subjugating men, for, as he explained to his wife, when he had the reality in his life he was no longer obsessed by it in his imaginative dreams. Not content with this, however, he was constantly desirous for his wife to be unfaithful. He even put an advertisement in a newspaper to the effect that a young and beautiful woman desired to make the acquaintance of an energetic man. The wife, however, though she wished to please her husband, was not anxious to do so to this extent. She went to an hotel by appointment to meet a stranger who had answered this advertisement, but when she had explained to him the state of affairs he chivalrously conducted her home. It was some time before Sacher-Masoch eventually succeeded in rendering his wife unfaithful. He attended to the minutest details of her toilette on this occasion, and as he bade her farewell at the door he exclaimed: "How I envy him!" This episode thoroughly humiliated the wife, and from that moment her love for her husband turned to hate. A final separation was only a question of time. Sacher-Masoch formed a relationship with Hulda Meister, who had come to act as secretary and translator to him, while his wife became attached to Rosenthal, a clever journalist later known to readers of the *Figaro* as "Jacques St.-Cère," who realized her painful position and felt sympathy and affection for her. She went to live with him in Paris and, having refused to divorce her husband, he eventually obtained a divorce from her; she states, however, that she never at any time had physical relationships with Rosenthal, who was a man of fragile organization and health. Sacher-Masoch united himself to Hulda Meister, who is described by the first wife as a prim and faded but coquettish old maid, and by the biographer as a highly accomplished and gentle woman, who cared for him with almost maternal devotion. No doubt there is truth in both descriptions. It must be noted that, as Wanda clearly shows, apart from his abnormal sexual temperament, Sacher-Masoch was kind and sympathetic, and he was strongly attached to his eldest child. Eulenburg also quotes the statement of a distinguished Austrian woman writer acquainted with him that, "apart from his sexual eccentricities, he was an amiable, simple, and sympathetic man with a touchingly tender love for his children." He had very few needs, did not drink or smoke, and though he liked to put the woman he

was attached to in rich furs and fantastically gorgeous raiment he dressed himself with extreme simplicity. His wife quotes the saying of another woman that he was as simple as a child and as naughty as a monkey.

In 1883 Sacher-Masoch and Hulda Meister settled in Lindheim, a village in Germany near the Taunus, a spot to which the novelist seems to have been attached because in the grounds of his little estate was a haunted and ruined tower associated with a tragic medieval episode. Here, after many legal delays, Sacher-Masoch was able to render his union with Hulda Meister legitimate; here two children were in due course born, and here the novelist spent the remaining years of his life in comparative peace. At first, as is usual, treated with suspicion by the peasants, Sacher-Masoch gradually acquired great influence over them; he became a kind of Tolstoy in the rural life around him, the friend and confidant of all the villagers (something of Tolstoy's communism is also, it appears, to be seen in the books he wrote at this time), while the theatrical performances which he inaugurated, and in which his wife took an active part, spread the fame of the household in many neighboring villages. Meanwhile his health began to break up; a visit to Nauheim in 1894 was of no benefit, and he died March 9, 1895.

A careful consideration of the phenomena of sadism and masochism may be said to lead us to the conclusion that there is no real line of demarcation. Even De Sade himself was not a pure sadist, as Bloch's careful definition is alone sufficient to indicate; it might even be argued that De Sade was really a masochist; the investigation of histories of sadism and masochism, even those given by Krafft-Ebing (as, indeed, Colin Scott and Féré have already pointed out), constantly reveals traces of both groups of phenomena in the same individual. They cannot, therefore, be regarded as opposed manifestations. This has been felt by some writers, who have, in consequence, proposed other names more clearly indicating the relationship of the phenomena. Féré speaks of sexual algophily¹; he only applies the term to masochism; it might equally well be applied to sadism. Schrenck-Notzing, to cover both sadism and masochism, has invented the term *alogagnia* (*ἄλγος*, pain, and *λάγνος*, sexually excited), and calls the former active, the latter

¹ Féré, *L'Instinct Sexuel*, p. 138.

passive, algolagnia.¹ Eulenburg has also emphasized the close connection between these groups of perverted sexual manifestations, and has adopted the same terms, adding the further group of ideal (illusionary) algolagnia, to cover the cases in which the mere autosuggestive representation of pain, inflicted or suffered, suffices to give sexual gratification.²

A brief discussion of the terms "sadism" and "masochism" has imposed itself upon us at this point because as soon as, in any study of the relationship between love and pain, we pass over the limits of normal manifestations into a region which is more or less abnormal, these two conceptions are always brought before us, and it was necessary to show on what grounds they are here rejected as the pivots on which the discussion ought to turn. We may accept them as useful terms to indicate two groups of clinical phenomena; but we cannot regard them as of any real scientific value. Having reached this result, we may continue our consideration of the love-bite, as the normal manifestation of the connection between love and pain which most naturally leads us across the frontier of the abnormal.

The result of the love-bite in its extreme degree is to shed blood. This cannot be regarded as the direct aim of the bite in its normal manifestations, for the mingled feelings of close contact, of passionate gripping, of symbolic devouring, which constitute the emotional accompaniments of the bite would be too violently discomposed by actual wounding and real shedding of blood. With some persons, however, perhaps more especially women, the love-bite is really associated with a conscious desire, even if more or less restrained, to draw blood, a real delight in this process, a love of blood. Probably this only occurs in persons who are not absolutely normal, but on the border-land of the abnormal. We have to admit that this craving has, however, a perfectly normal basis. There is scarcely any

¹ Schrenck-Notzing, *Zeitschrift für Hypnotismus*, Bd. ix, ht. 3, 1899.

² Eulenburg, *Sadismus und Masochismus*, second edition, 1911, p. 5.

natural object with so profoundly emotional an effect as blood, and it is very easy to understand why this should be so.¹ Moreover, blood enters into the sphere of courtship by virtue of the same conditions by which cruelty enters into it; they are both accidents of combat, and combat is of the very essence of animal and primitive human courtship, certainly its most frequent accompaniment. So that the repelling or attracting fascination of blood may be regarded as a by-product of normal courtship, which, like other such by-products, may become an essential element of abnormal courtship.²

Normally the fascination of blood, if present at all during sexual excitement, remains more or less latent, either because it is weak or because the checks that inhibit it are inevitably very powerful. Occasionally it becomes more clearly manifest, and this may happen early in life. Féré records the case of a man of Anglo-Saxon origin, of sound heredity so far as could be ascertained and presenting no obvious stigmata of degeneration, who first experienced sexual manifestations at the age of 5 when a boy cousin was attacked by bleeding at the nose. It was the first time he had seen such a thing and he experienced erection and much pleasure at the sight. This was repeated the next time the cousin's nose bled and also whenever he witnessed any injuries or wounds, especially when occurring in males. A few years later he began to find pleasure in pinching and otherwise inflicting slight suffering. This sadism was not, however, further developed, although a tendency to inversion persisted.³

¹ I have elsewhere dealt with this point in discussing the special emotional tone of red (Havelock Ellis, "The Psychology of Red," *Popular Science Monthly*, August and September, 1900).

² It is probable that the motive of sexual murders is nearly always to shed blood, and not to cause death. Leppmann (*Bulletin Internationale de Droit Pénal*, vol. vi, 1896, p. 115) points out that such murders are generally produced by wounds in the neck or mutilation of the abdomen, never by wounds of the head. T. Claye Shaw, who terms the lust for blood hemothymia, has written an interesting and suggestive paper ("A Prominent Motive in Murder," *Lancet*, June 19, 1909) on the natural fascination of blood. Blumröder, in 1830, seems to have been the first who definitely called attention to the connection between lust and blood.

³ Féré, *Revue de Chirurgie*, March 10, 1905.

Somewhat similar may have been the origin of the attraction of blood in a case which has been reported to me of a youth of 17, the youngest of a large family who are all very strong and entirely normal. He is himself, however, delicate, overgrown, with a narrow chest, a small head, and babyish features, while mentally he is backward, with very defective memory and scant powers of assimilation. He is intensely nervous, peevish, and subject to fits of childish rage. He takes violent fancies to persons of his own sex. But he appears to have only one way of obtaining sexual excitement and gratification. It is his custom to get into a hot bath and there to produce erection and emission, not by masturbation, but by thinking of flowing blood. He does not associate himself with the causation of this imaginary flow of blood; he is merely the passive but pleased spectator. He is aware of his peculiarity and endeavors to shake it off, but his efforts to obtain normal pleasure by thinking of a girl are vain.

I may here narrate a case which has been communicated to me of *algolagnia* in a woman, combined with sexual hyperesthesia.

R. D., aged 25, married, and of good social position; she is a small and dark woman, restless and alert in manner. She has one child.

She has practised masturbation from an early age—ever since she can remember—by the method of external friction and pressure. From the age of 17 she was able (and is still) to produce the orgasm almost without effort, by calling up the image of any man who had struck her fancy. She has often done so while seated talking to such a man, even when he is almost a stranger; in doing it, she says, a tightening of the muscles of the thighs and the slightest movement are sufficient. Ugly men (if not deformed), as well as men with the reputation of being *roués*, greatly excite her sexually, more especially if of good social position, though this is not essential.

At the age of 18 she became hysterical, probably, she herself believes, in consequence of a great increase at that time of indulgence in masturbation. The doctors, apparently suspecting her habits, urged her parents to get her married early. She married, at the age of 20, a man about twice her own age.

As a child (and in a less degree still) she was very fond of watching dog-fights. This spectacle produced strong sexual feelings and usually orgasm, especially if much blood was shed during the fight. Clean cuts and wounds greatly attract her, whether on herself or a man. She has frequently slightly cut or scratched herself "to see the blood," and likes to suck the wound, thinking the taste "delicious." This produces strong sexual feelings and often orgasm, especially if at the time she thinks of some attractive man and imagines that she is

sucking his blood. The sight of injury to a woman only very slightly affects her, and that, she thinks, only because of an involuntary association of ideas. Nor has the sight of suffering in illness any exciting effects, only that which is due to violence, and when there is a visible cause for the suffering, such as cuts and wounds. (Bruises, from the absence of blood, have only a slight effect.) The excitement is intensified if she imagines that she has herself inflicted the injury. She likes to imagine that the man wished to rape her, and that she fought him in order to make him more greatly value her favor, so wounding him.

Impersonal ideas of torture also excite her. She thinks Fox's *Book of Martyrs* "lovely," and the more horrible and bloody the tortures described the greater is the sexual excitement produced. The book excites her from the point of view of the torturer, not that of the victim. She has frequently masturbated while reading it.

So far as practicable she has sought to carry out these ideas in her relations with her husband. She has several times bitten him till the blood came and sucked the bite during coitus. She likes to bite him enough to make him wince. The pleasure is greatly heightened by thinking of various tortures, chiefly by cutting. She likes to have her husband talk to her, and she to him, of all the tortures they could inflict on each other. She has, however, never actually tried to carry out these tortures. She would like to, but dares not, as she is sure he could not endure them. She has no desire for her husband to try them on her, although she likes to hear him talk about it.

She is at the same time fond of normal coitus, even to excess. She likes her husband to remain entirely passive during connection, so that he can continue in a state of strong erection for a long time. She can thus, she says, procure for herself the orgasm a number of times in succession, even nine or ten, quite easily. On one occasion she even had the orgasm twenty-six times within about one and a quarter hours, her husband during this time having two orgasms. (She is quite certain about the accuracy of this statement.) During this feat much talk about torture was indulged in, and it took place after a month's separation from her husband, during which she was careful not to masturbate, so that she might have "a real good time" when he came back. She acknowledges that on this occasion she was a "complete wreck" for a couple of days afterward, but states that usually ten or a dozen orgasms (or spasms, as she terms them) only make her "feel lively." She becomes frenzied with excitement during intercourse and insensible to everything but the pleasure of it.

She has never hitherto allowed anyone (except her husband after marriage) to know of her sadistic impulses, nor has she carried them out with anyone, though she would like to, if she dared. Nor has she

allowed any man but her husband to have connection with her or to take any liberties.

Outbursts of sadism may occur episodically in fairly normal persons. Thus, Coutagne describes the case of a lad of 17—always regarded as quite normal, and without any signs of degeneracy, even on careful examination, or any traces of hysteria or alcoholism, though there was insanity among his cousins—who had had occasional sexual relations for a year or two, and on one occasion, being in a state of erection, struck the girl three times on the breast and abdomen with a kitchen knife bought for the purpose. He was much ashamed of his act immediately afterward, and, all the circumstances being taken into consideration, he was acquitted by the court.¹ Here we seem to have the obscure and latent fascination of blood, which is almost normal, germinating momentarily into an active impulse which is distinctly abnormal, though it produced little beyond those incisions which Vatsyayana disapproved of, but still regarded as a part of courtship. One step more and we are amid the most outrageous and extreme of all forms of sexual perversion: with the heroes of De Sade's novels, who, in exemplification of their author's most cherished ideals, plan scenes of debauchery in which the flowing of blood is an essential element of coitus; with the Marshall Gilles de Rais and the Hungarian Countess Bathory, whose lust could only be satiated by the death of innumerable victims.

This impulse to stab—with no desire to kill, or even in most cases to give pain, but only to draw blood and so either stimulate or altogether gratify the sexual impulse—is no doubt the commonest form of sanguinary sadism. These women-stabbers have been known in France as *piqueurs* for nearly a century, and in Germany are termed *Stecher* or *Messerstecher* (they have been studied by Nücke, "Zur Psychologie der sadistischen Messerstecher," *Archiv für Kriminalanthropologie*, Bd. 35, 1909). A case of this kind where a man stabbed

¹ H. Coutagne, "Cas de Perversion Sanguinaire de l'Instinct Sexuel," *Annales Médico-Psychologiques*, July and August, 1893. D. S. Booth (*Alienist and Neurologist*, Aug., 1906) describes the case of a man of neurotic heredity who slightly stabbed a woman with a penknife when on his way to a prostitute.

girls in the abdomen occurred in Paris in the middle of the eighteenth century, and in 1819 or 1820 there seems to have been an epidemic of *piqueurs* in Paris; as we learn from a letter of Charlotte von Schiller's to Knebel; the offenders (though perhaps there was only one) frequented the Boulevards and the Palais Royal and stabbed women in the buttocks or thighs; they were never caught. About the same time similar cases of a slighter kind occurred in London, Brussels, Hamburg, and Munich.

Stabbers are nearly always men, but cases of the same perversion in women are not unknown. Thus Dr. Kiernan informs me of an Irish woman, aged 40, and at the beginning of the menopause, who, in New York in 1909, stabbed five men with a hatpin. The motive was sexual and she told one of the men that she stabbed him because she "loved" him.

Gilles de Rais, who had fought beside Joan of Arc, is the classic example of sadism in its extreme form, involving the murder of youths and maidens. Bernelle considers that there is some truth in the contention of Huysmans that the association with Joan of Arc was a predisposing cause in unbalancing Gilles de Rais. Another cause was his luxurious habit of life. He himself, no doubt rightly, attached importance to the suggestions received in reading Suetonius. He appears to have been a sexually precocious child, judging from an obscure passage in his confessions. He was artistic and scholarly, fond of books, of the society of learned men, and of music. Bernelle sums him up as "a pious warrior, a cruel and keen artist, a voluptuous assassin, an exalted mystic," who was at the same time unbalanced, a superior degenerate, and morbidly impulsive. (The best books on Gilles de Rais are the Abbé Bossard's *Gilles de Rais*, in which, however, the author, being a priest, treats his subject as quite sane and abnormally wicked; Huysmans's novel, *La-Bas*, which embodies a detailed study of Gilles de Rais, and F. H. Bernelle's Thèse de Paris, *La Psychose de Gilles de Rais*, 1910.)

The opinion has been hazarded that the history of Gilles de Rais is merely a legend. This view is not accepted, but there can be no doubt that the sadistic manifestations which occurred in the Middle Ages were mixed up with legendary and folk-lore elements. These elements centered on the conception of the *werwolf*, supposed to be a man temporarily transformed into a wolf with bloodthirsty impulses. (See, e.g., articles "Werwolf" and "Lycanthropy" in *Encyclopædia Britannica*.) France, especially, was infested with werwolves in the sixteenth century. In 1603, however, it was decided at Bordeaux, in a trial involving a werwolf, that lycanthropy was only an insane delusion. Dumas ("Les Loup-Garous," *Journal de Psychologie Normale et Pathologique*, May-June, 1907) argues that the medieval werwolves were

sadists whose crimes were largely imaginative, though sometimes real, the predecessor of the modern Jack the Ripper. The complex nature of the elements making up the belief in the werwolf is emphasized by Ernest Jones, *Der Alptraum*, 1912.

Related to the werwolf, but distinct, was the *vampire*, supposed to be a dead person who rose from the dead to suck the blood of the living during sleep. By way of reprisal the living dug up, exorcised, and mutilated the supposed vampires. This was called vampirism. The name vampire was then transferred to the living person who had so treated a corpse. All profanation of the corpse, whatever its origin, is now frequently called vampirism (Epauiow, *Vampirisme*, Thèse de Lyon, 1901; *id.*, "Le Vampire du Muy," *Archives d'Anthropologie Criminelle*, Sept., 1903). The earliest definite reference to necrophily is in Herodotus, who tells (bk. ii, ch. lxxxix) of an Egyptian who had connection with the corpse of a woman recently dead. Epauiow gives various old cases and, at full length, the case which he himself investigated, of Ardiasson, the "Vampire du Muy." W. A. F. Browne also has an interesting article on "Necrophilism" (*Journal of Mental Science*, Jan., 1875) which he regards as atavistic. When there is, in addition, mutilation of the corpse, the condition is termed necrosadism. There seems usually to be no true sadism in either necrosadism or necrophilism. (See, however, Bloch, *Beiträge*, vol. ii, p. 284 *et seq.*)

It must be said also that cases of rape followed by murder are quite commonly not sadistic. The type of such cases is represented by Soleilland, who raped and then murdered children. He showed no sadistic perversion. He merely killed to prevent discovery, as a burglar who is interrupted may commit murder in order to escape. (E. Dupré, "L'Affaire Soleilland," *Archives d'Anthropologie Criminelle*, Jan.-Feb., 1910.)

A careful and elaborate study of a completely developed sadist has been furnished by Lacassagne, Rousset, and Papillon ("L'Affaire Reidal," *Archives d'Anthropologie Criminelle*, Oct.-Nov., 1907). Reidal, a youth of 18, a seminarist, was a congenital sanguinary sadist who killed another youth and was finally sent to an asylum. From the age of 4 he had voluptuous ideas connected with blood and killing, and liked to play at killing with other children. He was of infantile physical development, with a pleasant, childish expression of face, very religious, and hated obscenity and immorality. But the love of blood and murder was an irresistible obsession and its gratification produced immense emotional relief.

Sadism generally has been especially studied by Lacassagne, *Vacher l'Eventreur et les Crimes Sadiques*, 1899. Zoösadism, or sadism toward animals, has been dealt with by P. Thomas, "Le Sadisme sur les

Autinaux," *Archives d'Anthropologie Criminelle*, Sept., 1903. Auto-sadism, or "auto-erotic cruelty," that is to say, injuries inflicted on a person by himself with a sexual motive, has been investigated by G. Bach (*Sexuelle Verrirungen des Menschen und der Nature*, p. 427); this condition seems, however, a form of algolagnia more masochistic than sadistic in character.

With regard to the medicolegal aspects, Kiernan ("Responsibility in Active Algophily," *Medicine*, April, 1903) sets forth the reasons in favor of the full and complete responsibility of sadists, and Harold Moyer comes to the same conclusion ("Is Sexual Perversion Insanity?" *Alienist and Neurologist*, May, 1907). See also Thoinot's *Medicolegal Aspects of Moral Offenses* (edited by Weyssé, 1911), ch. xviii. While we are probably justified in considering the sadist as morally not insane in the technical sense, we must remember that he is, for the most part, highly abnormal from the outset. As Gaupp points out (*Sexual-Probleme*, Oct., 1909, p. 797), we cannot measure the influences which create the sadist and we must not therefore attempt to "punish" him, but we are bound to place him in a position where he will not injure society.

It is enough here to emphasize the fact that there is no solution of continuity in the links that bind the absolutely normal manifestations of sex with the most extreme violations of all human law. This is so true that in saying that these manifestations are violations of all human law we cannot go on to add, what would seem fairly obvious, that they are violations also of all natural law. We have but to go sufficiently far back, or sufficiently far afield, in the various zoölogical series to find that manifestations which, from the human point of view, are in the extreme degree abnormally sadistic here become actually normal. Among very various species wounding and rending normally take place at or immediately after coitus; if we go back to the beginning of animal life in the protozoa sexual conjugation itself is sometimes found to present the similitude, if not the actuality, of the complete devouring of one organism by another. Over a very large part of nature, as it has been truly said, "but a thin veil divides love from death."¹

¹ Kiernan appears to have been the first to suggest the bearing of these facts on sadism, which he would regard as the abnormal human form of phenomena which may be found at the very beginning of animal

There is, indeed, on the whole, a point of difference. In that abnormal sadism which appears from time to time among civilized human beings it is nearly always the female who becomes the victim of the male. But in the normal sadism which occurs throughout a large part of nature it is nearly always the male who is the victim of the female. It is the male spider who impregnates the female at the risk of his life and sometimes perishes in the attempt; it is the male bee who, after intercourse with the queen, falls dead from that fatal embrace, leaving her to fling aside his entrails and calmly pursue her course.¹ If it may seem to some that the course of our inquiry leads us to contemplate with equanimity, as a natural phenomenon, a certain semblance of cruelty in man in his relations with woman, they may, if they will, reflect that this phenomenon is but a very slight counterpoise to that cruelty which has been naturally exerted by the female on the male long even before man began to be.

life, as, indeed, the survival or atavistic reappearance of a primitive sexual cannibalism. See his "Psychological Aspects of the Sexual Appetite," *Alienist and Neurologist*, April, 1891, and "Responsibility in Sexual Perversion," *Chicago Medical Recorder*, March, 1892. Penta has also independently developed the conception of the biological basis of sadism and other sexual perversions (*I Pervertimenti Sessuali*, 1893). It must be added that, as Remy de Gourmont points out (*Promenades Philosophiques*, 2d series, p. 273), this sexual cannibalism exerted by the female may have, primarily, no erotic significance: "She eats him because she is hungry and because when exhausted he is an easy prey."

¹ In the chapter entitled "Le Vol Nuptial" of his charming book on the life of bees Maeterlinck has given an incomparable picture of the tragic courtship of these insects.

III.

Flagellation as a Typical Illustration of Algolagnia—Causes of Connection between Sexual Emotion and Whipping—Physical Causes—Psychic Causes probably more Important—The Varied Emotional Associations of Whipping—Its Wide Prevalence.

THE whole problem of love and pain, in its complementary sadistic and masochistic aspects, is presented to us in connection with the pleasure sometimes experienced in whipping, or in being whipped, or in witnessing or thinking about scenes of whipping. The association of sexual emotion with bloodshed is so extreme a perversion, it so swiftly sinks to phases that are obviously cruel, repulsive, and monstrous in an extreme degree, that it is necessarily rare, and those who are afflicted by it are often more or less imbecile. With whipping it is otherwise. Whipping has always been a recognized religious penance; it is still regarded as a beneficial and harmless method of chastisement; there is nothing necessarily cruel, repulsive, or monstrous in the idea or the reality of whipping, and it is perfectly easy and natural for an interest in the subject to arise in an innocent and even normal child, and thus to furnish a germ around which, temporarily at all events, sexual ideas may crystallize. For these reasons the connection between love and pain may be more clearly brought out in connection with whipping than with blood.

There is, by no means, any necessary connection between flagellation and the sexual emotions. If there were, this form of penance would not have been so long approved or at all events tolerated by the Church.¹

¹ The discipline or scourge was classed with fasting as a method of mastering the flesh and of penance. See, e.g., Lea, *History of Auricular Confession*, vol. ii, p. 122. For many centuries bishops and priests used themselves to apply the discipline to their penitents. At first it was applied to the back; later, especially in the case of female penitents, it was frequently applied to the nates. Moreover, partial or complete nudity came to be frequently demanded, the humiliation thereby caused being pleasant in the sight of God.

As a matter of fact, indeed, it was not always approved or even tolerated. Pope Adrian IV in the eighth century forbade priests to beat their penitents, and at the time of the epidemic of flagellation in the thirteenth century, which was highly approved by many holy men, the abuses were yet so frequent that Clement VI issued a bull against these processions. All such papal prohibitions remained without effect. The association of religious flagellation with perverted sexual motives is shown by its condemnation in later ages by the Inquisition, which was accustomed to prosecute the priests who, in prescribing flagellation as a penance, exerted it personally, or caused it to be inflicted on the stripped penitent in his presence, or made a woman penitent discipline him, such offences being regarded as forms of "solicitation."¹ There seems even to be some reason to suppose that the religious flagellation mania which was so prevalent in the later Middle Ages, when processions of penitents, male and female, eagerly flogged themselves and each other, may have had something to do with the discovery of erotic flagellation,² which, at all events in Europe, seems scarcely to have been known before the sixteenth century. It must, in any case, have assisted to create a predisposition. The introduction of flagellation as a definitely recognized sexual stimulant is by Eulenburg, in his interesting book, *Sadismus und Masochismus*, attributed to the Arabian physicians. It would appear to have been by the advice of an Arabian physician that the Duchess Leonora Gonzaga, of Mantua, was whipped by her mother to aid her in responding more warmly to her husband's embraces and to conceive.

Whatever the precise origin of sexual flagellation in Europe, there can be no doubt that it soon became extremely common, and so it remains at the present day. Those who possess a special knowledge of such matters declare that sexual flagellation is

¹ Dulaure, *Des Divinités, Génératrices*, ch. xv; Lea, *History of Sacerdotal Celibacy*, 3d ed., vol. ii, p. 278; Kiernan, "Asceticism as an Auto-erotism," *Alienist and Neurologist*, Aug., 1911.

² This is the opinion of Löwenfeld, *Ueber die Sexuelle Konstitution*, p. 43.

the most frequent of all sexual perversions in England.¹ This belief is, I know, shared by many people both inside and outside England. However this may be, the tendency is certainly common. I doubt if it is any or at all less common in Germany, judging by the large number of books on the subject of flagellation which have been published in German. In a catalogue of "interesting books" on this and allied subjects issued by a German publisher and bookseller, I find that, of fifty-five volumes, as many as seventeen or eighteen, all in German, deal solely with the question of flagellation, while many of the other books appear to deal in part with the same subject.² It is, no doubt, true that the large part which the rod has played in the past history of our civilization justifies a considerable amount of scientific interest in the subject of flagellation, but it is clear that the interest in these books is by no means always scientific, but very frequently sexual.

It is remarkable that, while the sexual associations of whipping, whether in slight or in marked degrees, are so frequent in modern times, they appear to be by no means easy to trace in ancient times. "Flagellation," I find it stated by a modern editor of the *Priapeia*, "so extensively practised in England as a provocation to venery, is almost entirely unnoticed by the Latin erotic writers, although, in the *Satyricon* of Petronius (ch. cxxxviii), Encolpius, in describing the steps taken by Enothea to undo the temporary impotence to which he was subjected, says: 'Next she mixed nasturtium-juice with southern wood, and,

¹ Thus, Dühren (Iwan Bloch) remarks (*Der Marquis de Sade und Seine Zeit*, 1901, p. 211): "It is well known that England is today the classic land of sexual flagellation." See the same author's *Geschlechtsleben in England*, vol. ii, ch. vi. In America it appears also to be common, and Kiernan mentions that in advertisements of Chicago "massage shops" there often appears the announcement: "Flagellation a Specialty." The reports of police inspectors in eighteenth century France show how common flagellation then was in Paris. It may be added that various men of distinguished intellectual ability of recent times and earlier are reported as addicted to passive flagellation; this was the case with Helvétius.

² A full bibliography of flagellation would include many hundred items. The more important works on this subject, in connection with the sexual impulse, are enumerated by Eulenburg, in his *Sadismus und Masochismus*. An elaborate history of flagellation generally is now being written by Georg Collas, *Geschichte des Flagellantismus*, vol. i, 1912.

having bathed my foreparts, she took a bunch of green nettles, and gently whipped my belly all over below the navel.'” It appears also that many ancient courtesans dedicated to Venus as ex-votos a whip, a bridle, or a spur as tokens of their skill in riding their lovers. The whip was sometimes used in antiquity, but if it aroused sexual emotions they seem to have passed unregarded. “We naturally know nothing,” Eulenburg remarks (*Sadismus und Masochismus*, p. 72), “of the feelings of the priestess of Artemis at the flagellation of Spartan youths; or what emotions inspired the priestess of the Syrian goddess under similar circumstances; or what the Roman Pontifex Maximus felt when he castigated the exposed body of a negligent vestal (as described by Plutarch) behind a curtain, and the ‘plagosus Orbilius’ only practised on children.”

It was at the Renaissance that cases of abnormal sexual pleasure in flagellation began to be recorded. The earliest distinct reference to a masochistic flagellant seems to have been made by Pico della Mirandola, toward the end of the fifteenth century, in his *Disputationes Adversus Astrologiam Divinatricem*, bk. iii, ch. xxvii. Cælius Rhodiginus in 1516, again, narrated the case of a man he knew who liked to be severely whipped, and found this a stimulant to coitus. Otto Brunfels, in his *Onomasticon* (1534), art. “Coitus,” refers to another case of a man who could not have intercourse with his wife until he had been whipped. Then, a century later, in 1643, Meibomius wrote *De Usu Flagrorum in re Venerea*, the earliest treatise on this subject, narrating various cases. Numerous old cases of pleasure in flagellation and urtica-tion were brought together by Schurig in 1720 in his *Spermatologia*, pp. 253-258.

The earliest definitely described medical case of sadistic pleasure in the sight of active whipping which I have myself come across belongs to the year 1672, and occurs in a letter in which Nesterus seeks the opinion of Garmann. He knows intimately, he states, a very learned man—whose name, for the honor he bears him, he refrains from mentioning—who, whenever in a school or elsewhere he sees a boy unbreeched and birched, and hears him crying out, at once emits semen copiously without any erection, but with great mental commotion. The same accident frequently happens to him during sleep, accompanied by dreams of whipping. Nesterus proceeds to mention that this “*laudatus vir*” was also extremely sensitive to the odor of strawberries and other fruits, which produced nausea. He was evidently a neurotic subject. (L. C. F. Garmanni et Aliorum Virorum Clarissimorum, *Epistolarum Centuria*, Rostochi et Lipsiæ, 1714.)

In England we find that toward the end of the sixteenth century one of Marlowe's epigrams deals with a certain Francus who before

intercourse with his mistress "sends for rods and strips himself stark naked," and by the middle of the seventeenth century the existence of an association between flagellation and sexual pleasure seems to have been popularly recognized. In 1661, in a vulgar "tragicomedy" entitled *The Presbyterian Lash*, we find: "I warrant he thought that the tickling of the wench's buttocks with the rod would provoke her to lechery." That whipping was well known as a sexual stimulant in England in the eighteenth century is sufficiently indicated by the fact that in one of Hogarth's series representing the "Harlot's Progress" a birch rod hangs over the bed. The prevalence of sexual flagellation in England at the end of that century and the beginning of the nineteenth is discussed by Dühren (Iwan Bloch) in his *Geschlechtsleben in England* (1901-3), especially vol. ii, ch. vi.

While, however, the evidence regarding sexual flagellation is rare, until recent times whipping as a punishment was extremely common. It is even possible that its very prevalence, and the consequent familiarity with which it was regarded, were unfavorable to the development of any mysterious emotional state likely to act on the sexual sphere, except in markedly neurotic subjects. Thus, the corporal chastisement of wives by husbands was common and permitted. Not only was this so to a proverbial extent in eastern Europe, but also in the extreme west and among a people whose women enjoyed much freedom and honor. Cymric law allowed a husband to chastise his wife for angry speaking, such as calling him a cur; for giving away property she was not entitled to give away; or for being found in hiding with another man. For the first two offenses she had the option of paying him three kine. When she accepted the chastisement she was to receive "three strokes with a rod of the length of her husband's forearm and the thickness of his long finger, and that wheresoever he might will, excepting on the head"; so that she was to suffer pain only, and not injury. (R. B. Holt, "Marriage Laws and Customs of the Cymri," *Journal of the Anthropological Institute*, August-November, 1898, p. 162.)

"The Cymric law," writes a correspondent, "seems to have survived in popular belief in the Eastern and Middle States of the United States. In police-courts in New York, for example, it has been unsuccessfully pleaded that a man is entitled to beat his wife with a stick no thicker than his thumb. In Pennsylvania actual acquittals have been rendered."

Among all classes children were severely whipped by their parents and others in authority over them. It may be recalled that in the twelfth century when Abelard became tutor to Heloise, then about 18 years of age, her uncle authorized him to beat her, if negligent in her studies. Even in the sixteenth century Jeanne d'Albret, who

became the mother of Henry IV of France, at the age of 13½ was married to the Duke of Cleves, and to overcome her resistance to this union the Queen, her mother, had her whipped to such an extent that she thought she would die of it. The whip on this occasion was, however, only partially successful, for the Duke never succeeded in consummating the marriage, which was, in consequence, annulled. (Cabanès brings together numerous facts regarding the prevalence of flagellation as a chastisement in ancient France in the interesting chapter on "La Flagellation à la Cour, et à la Ville" in his *Indiscrétions de l'Histoire*, 1903.)

As to the prevalence of whipping in England evidence is furnished by Andrews, in the chapter on "Whipping and Whipping Posts," in his book on ancient punishments. It existed from the earliest times and was administered for a great variety of offenses, to men and women alike, for vagrancy, for theft, to the fathers and mothers of illegitimate children, for drunkenness, for insanity, even sometimes for small-pox. At one time both sexes were whipped naked, but from Queen Elizabeth's time only from the waist upward. In 1791 the whipping of female vagrants ceased by law. (W. Andrews, *Bygone Punishments*, 1899.)

It must, however, be remarked that law always lags far behind social feeling and custom, and flagellation as a common punishment had fallen into disuse or become very perfunctory long before any change was made in the law, though it is not absolutely extinct, even by law, today. There is even an ignorant and retrograde tendency to revive it. Thus, even in severe Commonwealth days, the alleged whipping with rods of a servant-girl by her master, though with no serious physical injury, produced a great public outcry, as we see by the case of the Rev. Zachary Crofton, a distinguished London clergyman, who was prosecuted in 1657 on the charge of whipping his servant-girl, Mary Cadman, because she lay in bed late in the morning and stole sugar. This incident led to several pamphlets. In *The Presbyterian Lash or Nootroff's Maid Whipt* (1661), a satire on Crofton, we read: "It is not only contrary to Gospel but good manners to take up a wench's petticoats, smock and all"; and in the doggerel ballad of "Bo-Peep," which was also written on the same subject, it is said that Crofton should have left his wife to chastise the maid. Crofton published two pamphlets, one under his own name and one under that of Alethes Nootroff (1657), in which he elaborately dealt with the charge as both false and frivolous. In one passage he offers a qualified defense of such an act: "I cannot but bewail the exceeding rudeness of our times to suffer such foolery to be prosecuted as of some high and notorious crime. Suppose it were (as it is not) true, may not some eminent congregational brother be found guilty of the same act? Is it not

much short of drinking an health naked on a signpost? May it not be as theologically defended as the husband's correction of his wife?" This passage, and the whole episode, show that feeling in regard to this matter was at that time in a state of transition.

Flagellation as a penance, whether inflicted by the penitent himself or by another person, was also extremely common in mediæval and later days. According to Walsingham ("Master of the Rolls' Collection," vol. i, p. 275), in England, in the middle of the fourteenth century, penitents, sometimes men of noble birth, would severely flagellate themselves, even to the shedding of blood, weeping or singing as they did so; they used cords with knots containing nails.

At a later time the custom of religious flagellation was more especially preserved in Spain. The Countess d'Aulnoy, who visited Spain in 1685, has described the flagellations practised in public at Madrid. After giving an account of the dress worn by these flagellants, which corresponds to that worn in Spain in Holy Week at the present time by the members of the *Cofradias*, the face concealed by the high sugar-loaf head-covering, she continues: "They attach ribbons to their scourges, and usually their mistresses honor them with their favors. In gaining public admiration they must not gesticulate with the arm, but only move the wrist and hand; the blows must be given without haste, and the blood must not spoil the costume. They make terrible wounds on their shoulders, from which the blood flows in streams; they march through the streets with measured steps; they pass before the windows of their mistresses, where they flagellate themselves with marvelous patience. The lady gazes at this fine sight through the blinds of her room, and by a sign she encourages him to flog himself, and lets him understand how much she likes this sort of gallantry. When they meet a good-looking woman they strike themselves in such a way that the blood goes on to her; this is a great honor, and the grateful lady thanks them. . . . All this is true to the letter."

The Countess proceeds to describe other and more genuine penitents, often of high birth, who may be seen in the street naked above the waist, and with naked feet on the rough and sharp pavement; some had swords passed through the skin of their body and arms, others heavy crosses that weighed them down. She remarks that she was told by the Papal Nuncio that he had forbidden confessors to impose such penances, and that they were due to the devotion of the penitents themselves. (*Relation du Voyage d'Espagne*, 1692, vol. ii, pp. 158-164.)

The practice of public self-flagellation in church during Lent existed in Spain and Portugal up to the early years of the nineteenth century. Descriptions of it will often be met with in old volumes of travel. Thus, I find a traveler through Spain in 1786 describing how,

at Barcelona, he was present when, in Lent, at a Miserere in the Convent Church of San Felipe Neri on Friday evening the doors were shut, the lights put out, and in perfect darkness all bared their backs and applied the discipline, singing while they scourged themselves, ever louder and harsher and with ever greater vehemence until in twenty minutes' time the whole ended in a deep groan. It is mentioned that at Malaga, after such a scene, the whole church was in the morning sprinkled with blood. (Joseph Townsend, *A Journey through Spain in 1786*, vol. i, p. 122; vol. iii, p. 15.)

Even to our own day religious self-flagellation is practised by Spaniards in the Azores, in the darkened churches during Lent, and the walls are often spotted and smeared with blood at this time. (O. H. Howarth, "The Survival of Corporal Punishment," *Journal Anthropological Institute*, Feb., 1889.) In remote districts of Spain (as near Haro in Rioja) there are also brotherhoods who will flagellate themselves on Good Friday, but not within the church. (Dario de Regoyos, *España Negra*, 1899, p. 72.)

When we glance over the history of flagellation and realize that, though whipping as a punishment has been very widespread and common, there have been periods and lands showing no clear knowledge of any sexual association of whipping, it becomes clear that whipping is not necessarily an algolagnic manifestation. It seems evident that there must be special circumstances, and perhaps a congenital predisposition, to bring out definitely the relationship of flagellation to the sexual impulse. Thus, Löwenfeld considers that only about 1 per cent. of people can be sexually excited by flagellation of the buttocks,¹ and Näcké also is decidedly of opinion that there can be no sexual pleasure in flagellation without predisposition, which is rare.² On these grounds many are of opinion that physical chastisement, provided it is moderate, seldom applied, and only to children who are quite healthy and vigorous, need not be absolutely prohibited.³ But, however rare and abnormal a sexual response to

¹ Löwenfeld, *Ueber die Sexuelle Konstitution*, p. 43.

² *Archiv für Kriminalanthropologie*, 1909, p. 361. He brings forward the evidence of a reliable and cultured man who at one time sought to obtain the pleasures of passive sexual flagellation. But in spite of his expectation and good will the only result was to disperse every trace of sexual desire.

³ E.g., Kiefer, *Zeitschrift für Sexualwissenschaft*, Aug., 1908.

actual flagellation may be in adults, we shall see that the general sexual association of whipping in the minds of children, and frequently of their elders, is by no means rare and scarcely abnormal.

What is the cause of the connection between sexual emotion and whipping? A very simple physical cause has been believed by some to account fully for the phenomena. It is known that strong stimulation of the gluteal region may, especially under predisposing conditions, produce or heighten sexual excitement, by virtue of the fact that both regions are supplied by branches of the same nerve.

There is another reason why whipping should exert a sexual influence. As Féré especially has pointed out, in moderate amount it has a tonic effect, and as such has a general beneficial result in stimulating the whole body. This fact was, indeed, recognized by the classic physicians, and Galen regarded flagellation as a tonic.¹ Thus, not only must it be said that whipping, when applied to the gluteal region, has a direct influence in stimulating the sexual organs, but its general tonic influence must naturally extend to the sexual system.

It is possible that we must take into account here a biological factor, such as we have found involved in other forms of sadism and masochism. In this connection a lady writes to me: "With regard to the theory which connects the desire for whipping with the way in which animals make love, where blows or pressure on the hindquarters are almost a necessary preliminary to pleasure, have you ever noticed the way in which stags behave? Their does seem as timid as the males are excitable, and the blows inflicted on them by the horns of their mates to reduce them to submission must be, I should think, an exact equivalent to being beaten with a stick."

It is remarkable that in some cases the whip would even appear to have a psychic influence in producing sexual excitement in animals accustomed to its application as a stimulant to action. Thus, Professor Cornevin, of Lyons, describes the case of a Hungarian stallion, otherwise quite potent, in whom erection could only be produced in the presence of a mare in heat when a whip was cracked near him, and oc-

¹ Féré, *Revue de Médecine*, August, 1900. In this paper Féré brings together many interesting facts concerning flagellation in ancient times.

asionally applied gently to his legs. (Cornevin, *Archives d'Anthropologie Criminelle*, January, 1896.)

Here, undoubtedly, we have a definite anatomical and physiological relationship which often serves as a starting-point for the turning of the sexual feelings in this direction, and will sometimes support the perversion when it has otherwise arisen. But this relationship, even if we regard it as a fairly frequent channel by which sexual emotion is aroused, will not suffice to account for most, or even many, of the cases in which whipping exerts a sexual fascination. In many, if not most, cases it is found that the idea of whipping asserts its sexual significance quite apart from any personal experience, even in persons who have never been whipped;¹ not seldom also in persons who have been whipped and who feel nothing but repugnance for the actual performance, attractive as it may be in imagination.

It is evident that we have to seek the explanation of this phenomenon largely in psychic causes. Whipping, whether inflicted or suffered, tends to arouse, vaguely but massively, the very fundamental and primitive emotions of anger and fear, which, as we have seen, have always been associated with courtship, and it tends to arouse them at an age when the sexual emotions have not become clearly defined, and under circumstances which are likely to introduce sexual associations. From their earliest years children have been trained to fear whipping, even when not actually submitted to it, and an unjust punishment of this kind, whether inflicted on themselves or others, frequently arouses intense anger, nervous excitement, or terror in the sensitive minds of children.² Moreover, as has been pointed out to me by a lady who herself in early life was affected by the sexual associations of whipping, a child only sees the naked body of elder children when uncovered for whipping, and

¹ Schmidt-Heuert (*Monatschrift für Harnkrankheiten*, 1906, ht. 7) argues that it is not so much the actual use of the rod as playful, threatening and mysterious suggestions playing around it which nowad-
days gives it sexual fascination.

² Moll (*Untersuchungen über die Libido Sexualis*, Bd. i, p. 18) points out that these emotions frequently suffice to cause sexual emissions in schoolboys.

its sexual charm may in part be due to this cause. We further have to remark that the spectacle of suffering itself is, to some extent and under some circumstances, a stimulant of sexual emotion. It is evident that a number of factors contribute to surround whipping at a very early age with powerful emotional associations, and that these associations are of such a character that in predisposed subjects they are very easily led into a sexual channel.¹ Various lines of evidence support this conclusion. Thus, from several reliable quarters I learn that the sight of a boy being caned at school may produce sexual excitement in the boys who look on. The association of sexual emotion with whipping is, again, very liable to show itself in schoolmasters, and many cases have been recorded in which the flogging of boys, under the stress of this impulse, has been carried to extreme lengths. An early and eminent example is furnished by Udall, the humanist, at one time headmaster of Eton, who was noted for his habit of inflicting frequent corporal punishment for little or no cause, and who confessed to sexual practices with the boys under his care.²

Sanitchenko has called attention to the case of a Russian functionary, a school inspector, who every day had some fifty pupils flogged in his presence, as evidence of a morbid pleasure in such scenes. Even when no sexual element can be distinctly traced, scenes of whipping sometimes exert a singular fascination on some persons of sensitive emotional temperament. A friend, a clergyman, who has read many novels tells me that he has been

¹ As Eulenburg truly points out, the circumstances attending the whipping of a woman may be sexually attractive, even in the absence of any morbid impulse. Such circumstances are "the sight of naked feminine charms and especially—in the usual mode of flagellation—of those parts which possess for the sexual epicure a peculiar esthetic attraction; the idea of treating a loved, or at all events desired, person as a child, of having her in complete subjection and being able to dispose of her despotically; and finally the immediate results of whipping: the changes in skin-color, the to and fro movements which simulate or anticipate the initial phenomena of coitus." (Eulenburg, *Sexuale Neuropathie*, p. 121.)

² See the article on Udall in the *Dictionary of National Biography*.

struck by the frequency with which novelists describe such scenes with much luxury of detail; his list includes novels by well-known religious writers of both sexes. In some of these cases there is reason to believe that the writers felt this sexual association of whipping.

It is natural that an interest in whipping should be developed very early in childhood, and, indeed, it enters very frequently into the games of young children, and constitutes a much relished element of such games, more especially among girls. I know of many cases in which young girls between 6 and 12 years of age took great pleasure in games in which the chief point consisted in unfastening each other's drawers and smacking each other, and some of these girls, when they grew older, realized that there was an element of sexual enjoyment in their games. It has indeed, it seems, always been a child's game, and even an amusement of older persons, to play at smacking each other's nates. In *The Presbyterian's Lash* in 1661 a young woman is represented as stating that she had done this as a child, and in ancient France it was a privileged custom on Innocents' Day (December 28th) to smack all the young people found lying late in bed; it was a custom which, as Clement Marot bears witness, was attractive to lovers.

If we turn to the histories I have brought together in Appendix B we find various references to whipping more or less clearly connected with the rudimentary sexual feelings of childhood.

I am acquainted with numerous cases in which the idea of whipping, or the impulse to whip or be whipped, distinctly exists, though usually, when persisting to adult life, only in a rudimentary form. History I in the Appendix B presents a well-marked instance. I may quote the remarks in another case of a lady regarding her early feelings: "As a child the idea of being whipped excited me, but only in connection with a person I loved, and, moreover, one who had the right to correct me. On one occasion I was beaten with the back of a brush, and the pain was sufficient to overcome any excitement; so that, ever after, this particular form of whipping left me unaffected, though the excitement still remained connected with forms of which I had no experience."

Another lady states that when a little girl of 4 or 5 the servants used to smack her nates with a soft brush to amuse themselves (un-

doubtedly, as she now believes, this gave them a kind of sexual pleasure); it did not hurt her, but she disliked it. Her father used to whip her severely on the nates at this age and onward to the age of 13, but this never gave her any pleasure. When, however, she was about 9 she began in waking dreams to imagine that she was whipping somebody, and would finish by imagining that she was herself being whipped. She would make up stories of which the climax was a whipping, and felt at the same time a pleasurable burning sensation in her sexual parts; she used to prolong the preliminaries of the story to heighten the climax; she felt more pleasure in the idea of being whipped than of whipping, although she never experienced any pleasure from an actual whipping. These day-dreams were most vivid when she was at school, between the ages of 11 and 14. They began to fade with the growth of affection for real persons. But in dreams, even in adult life, she occasionally experienced sexual excitement accompanied by images of smacking.

Another correspondent, this time a man, writes: "I experienced the connection between sexual excitement and whipping long before I knew what sexuality meant or had any notion regarding the functions of the sexual organs. What I now know to be distinct sexual feeling used to occur whenever the idea of whipping arose or the mention of whipping was made in a way to arrest my attention. I well remember the strange, mysterious fascination it had, even apart from any actual physical excitement. I have been told by many men and a few women that it was the same with them. Even now the feeling exists sometimes, especially when reading about whipping."

The following confession, which I find recorded by a German manufacturer's wife, corresponds with those I have obtained in England: "When about 5 years old I was playing with a little girl friend in the park. Our governesses sat on a bench talking. For some reason—perhaps because we had wandered away too far and failed to hear a call to return—my friend aroused the anger of the governess in charge of her. That young lady, therefore, took her aside, raised her dress, and vigorously smacked her with the flat hand. I looked on fascinated, and possessed by an inexplicable feeling to which I naïvely gave myself up. The impression was so deep that the scene and the persons concerned are still clearly present to my mind, and I can even recall the little details of my companion's underclothing." When sexual associations are permanently brought into play through such an early incident it is possible that a special predisposition exists. (*Gesellschaft und Geschlecht*, Bd. ii, ht. 4, p. 120.)

It would certainly seem that we must look upon this association as coming well within the normal range of emotional life

in childhood, although after puberty, when the sexual feelings become clearly defined, the attraction of whipping normally tends to be left behind as a piece of childishness, only surviving in the background of consciousness, if at all, to furnish a vaguely sexual emotional tone to the subject of whipping, but not affecting conduct, sometimes only emerging in erotic dreams.

This, however, is not invariably the case in persons who are organically abnormal. In such cases, and especially, it would seem, in highly sensitive and emotional children, the impress left by the fact or the image of whipping may be so strong that it affects not only definitely, but permanently, the whole subsequent course of development of the sexual impulse. Régis has recorded a case which well illustrates the circumstances and hereditary conditions under which the idea of whipping may take such firm root in the sexual emotional nature of a child as to persist into adult life; at the same time the case shows how a sexual perversion may, in an intelligent person, take on an intellectual character, and it also indicates a rational method of treatment.

Jules P., aged 22, of good heredity on father's side, but bad on that of mother, who is highly hysterical, while his grandmother was very impulsive and sometimes pursued other women with a knife. He has one brother and one sister, who are somewhat morbid and original. He is himself healthy, intelligent, good looking, and agreeable, though with slightly morbid peculiarities. At the age of 4 or 5 he suddenly opened a door and saw his sister, then a girl of 14 or 15, kneeling, with her clothes raised and her head on her governess's lap, at the moment of being whipped for some offense. This trivial incident left a profound impression on his mind, and he recalls every detail of it, especially the sight of his sister's buttocks,—round, white, and enormous as they seemed to his childish eyes,—and that momentary vision gave a permanent direction to the whole of his sexual life. Always after that he desired to touch and pat his sister's gluteal regions. He shared her bed, and, though only a child, acquired great skill in attaining his ends without attracting her attention, lifting her night-gown when she slept and gently caressing the buttocks, also contriving to turn her over on to her stomach and then make a pillow of her hips. This went on until the age of 7, when he began to play with two little girls of the neighborhood, the eldest of whom was 10; he liked to take the part of

the father and whip them. The older girl was big for her age, and he would separate her drawers and smack her with much voluptuous emotion; so that he frequently sought opportunities to repeat the experience, to which the girl willingly lent herself, and they were constantly together in dark corners, the girl herself opening her drawers to enable him to caress her thighs and buttocks with his hand until he became conscious of an erection. Sometimes he would gently use a whip. On one occasion she asked him if he would not now like to see her in front, but he declined.

One day, when 8 or 9 years old, being with a boy companion, he came upon a picture of a monk being flagellated, and thereupon persuaded his companion to let himself be whipped; the boy enjoyed the experience, which was therefore often repeated. Jules P. himself, however, never took the slightest pleasure in playing the passive part. These practices were continued even after the friend became a conscript, when, however, they became very rare. Only once or twice has he ever done anything of this kind to girls who were strangers to him. Nor has he ever masturbated or had any desire for sexual intercourse. He contents himself with the pleasure of being occasionally able to witness scenes of whipping in public places—parks and gardens—or of catching glimpses of the thighs and buttocks of young girls or, if possible, women.

His principal enjoyment is in imagination. From the first he has loved to invent stories in which whippings were the climax, and at 13 such stories produced the first spontaneous emission. Thus, he imagines, for instance, a young girl from the country who comes up to Paris by train; on the way a lady is attracted by her, takes an interest in her, brings her home to dinner, and at last can no longer resist the temptation to take the girl in her arms and whip her amorously. He writes out these scenes and illustrates them with drawings, many of which Régis reproduces. He has even written comedies in which whipping plays a prominent part. He has, moreover, searched public libraries for references to flagellation, inserted queries in the *Intermédiaire des Chercheurs et des Curieux*, and thus obtained a complete bibliography of flagellation which is of considerable value. Régis is acquainted with these *Archives de la Pessée*, and states that they are carried on with great method and care. He is especially interested in the whipping of women by women. He considers that the pleasure of whippings should always be shared by the person whipped, and he is somewhat concerned to find that he has an increasing inclination to imagine an element of cruelty in the whipping. Emissions are somewhat frequent. According to the latest information, he is much better; he has entered into sexual relationship with a woman who is much in love with him, and

to whom he has confided his peculiarities. With her aid and suggestions he has been able to have intercourse with her, at the moment of coitus whipping her with a harmless India-rubber tube. (E. Régis, "Un Cas de Perversion Sexuelle, à forme Sadique," *Archives d'Anthropologie Criminelles*, July, 1899.)

In a case also occurring in a highly educated man (narrated by Marandon de Montyel) a doctor of laws, brilliantly intellectual and belonging to a family in which there had been some insanity, when at school at the age of 11, saw for the first time a schoolfellow whipped on the nates, and experienced a new pleasure and emotion. He was never himself whipped at school, but would invent games with his sisters and playfellows in which whipping formed an essential part. At the age of 13 he teased a young woman, a cook, until she seized him and whipped him. He put his arms around her and experienced his first voluptuous spasm of sex. The love of flagellation temporarily died out, however, and gave place to masturbation and later to a normal attraction to women. But at the age of 32 the old ideas were aroused anew by a story his mistress told him. He suffered from various obsessions and finally committed suicide. (Marandon de Montyel, "Obsessions et Vie Sexuelle," *Archives de Neurologie*, Oct., 1904.)

In a case that has been reported to me, somewhat similar ideas played a part. The subject is a tall, well-developed man, aged 28, delicate in childhood, but now normal in health and physical condition, though not fond of athletics. His mental ability is much above the average, especially in scientific directions; he was brought up in narrow and strict religious views, but at an early age developed agnostic views of his own.

From the age of 6, and perhaps earlier, he practised masturbation almost every night. This was a habit which he carried on in all innocence. It was as invariable a preliminary, he states, to going to sleep as was lying down, and at this period he would have felt no hesitation in telling all about it had the question been asked. At the age of 12 or 13 he recognized the habit as abnormal, and fear of ridicule then caused him to keep silence and to avoid observation. In carrying it out he would lie on his stomach with the penis directed downward, and not up, and the thumb resting on the region above the root of the penis. There was desire for micturition after the act, and when that was satisfied sound sleep followed. When he realized that the habit was abnormal he began to make efforts to discontinue it, and these efforts have been continued up to the present. The chief obstacle has been the difficulty of sleep without carrying out the practice. Emissions first began to occur at the age of 13 and at first caused some alarm. During the six following years indulgence was irregular, some-

times occurring every other night and sometimes with a week's intermission. Then at the age of 19 the habit was broken for a year, during which nocturnal emissions took place during sleep about every three weeks. Since this, shorter periods of non-indulgence have occurred, these periods always coinciding with unusual mental or physical strain, as of examinations. He has some degree of attraction for women; this is strongest during cessation from masturbation and tends to disappear when the habit is resumed. He has never had sexual intercourse because he prefers his own method of gratification and feels great abhorrence for professional prostitutes; he could not afford to marry. Any indecency or immorality, except (he observes) his own variety, disgusts him.

At the earliest period no mental images accompanied the act of masturbation. At about the age of 8, however, sexual excitement began to be constantly associated with ideas of being whipped. At or soon after this age only the fear of disgrace prevented him from committing serious childish offenses likely to be punished by a good whipping. Parents and masters, however, seem to have used corporal punishment very sparingly.

At first this desire was for whipping in general, without reference to the operator. Soon after the age of 10, however, he began to wish that certain boy friends should be the operators. At about the same time definite desire arose for closer contact with these friends and later for definite indecent acts which, however, the subject failed to specify; he probably meant mutual masturbation. These desires were under control, and the fear of ridicule seems to have been the chief restraining cause. At about the age of 15 he began to realize that such acts might be considered morally bad and wrong, and this led to reticence and careful concealment. Up to the age of 20 there were four definite attachments to persons of his own sex. There was a tendency, sometimes, to regard women as possible whippers, and this became stronger at 22, the images of the two sexes then mingling in his thoughts of flagellation. Latterly the mental accompaniments of masturbation have been less personal, lapsing into the mental picture of being whipped by an unknown and vague somebody. When definite it has always been a man, and preferably of the type of a schoolmaster. His desire has been for punishment by whips, canes, or birches, especially upon the buttocks. He has always shrunk from the thought of the production of blood or bruises. He wishes, in mental contemplation, for a punishment sufficiently severe to make him anxious to stop it, and yet not able to stop it. He also takes pleasure in the idea of being tied up so as to be unable to move.

He has at times indulged in self-whipping, of no great severity.

In the preceding case we see a tendency to erotic self-flagellation which in a minor degree is not uncommon. Occasionally it becomes highly developed. Max Marcuse has presented such a case in elaborate detail (*Zeitschrift für die Gesamte Neurologie*, 1912, ht. 3, fully summarized in *Sexual-Probleme*, Nov., 1912, pp. 815-820). This is the case of a Catholic priest of highly neurotic heredity, who spontaneously began to whip himself at the age of 12, this self-flagellation being continued and accompanied by masturbation after the age of 15. Other associated perversions were Narcissism and nates fetichism, as well as homosexual phantasies. He experienced a certain pleasure (with erection, not ejaculation) in punishing his boy pupils. It is not uncommon for all forms of erotic flagellation to be associated with a homosexual element. I have elsewhere brought forward a case of this kind (the case of A. F., vol. ii of these *Studies*).

Significant is Rousseau's account of the origin of his own masochistic pleasure in whipping at the age of 8: "Mademoiselle Lambergier showed toward me a mother's affection and also a mother's authority, which she sometimes carried so far as to inflict on us the usual punishment of children when we had deserved it. For a long time she was content with the threat, and that threat of a chastisement which for me was quite new seemed very terrible; but after it had been executed I found the experience less terrible than the expectation had been; and, strangely enough, this punishment increased my affection for her who had inflicted it. It needed all my affection and all my natural gentleness to prevent me from seeking a renewal of the same treatment by deserving it, for I had found in the pain and even in the shame of it an element of sensuality which left more desire than fear of receiving the experience again from the same hand. It is true that, as in all this a precocious sexual element was doubtless mixed, the same chastisement if inflicted by her brother would not have seemed so pleasant." He goes on to say that the punishment was inflicted a second time, but that that time was the last, Mademoiselle Lambergier having apparently noted the effects it produced, and, henceforth, instead of sleeping in her room, he was placed in another room and treated by her as a big boy. "Who would have believed," he adds, "that this childish punishment, received at the age of 8 from the hand of a young woman of 30, would have determined my tastes, my desires, my passions, for the rest of my life?" He remarks that this strange taste drove him almost to madness, but maintained the purity of his morals, and the joys of love existed for him chiefly in imagination. (J. J. Rousseau, *Les Confessions*, partie i, livre i.) It will be seen how all the favoring conditions of fear, shame, and precocious sexuality were here present in an extremely sensitive child destined to become the

greatest emotional force of his century, and receptive to influences which would have had no permanent effect on any ordinary child. (When, as occasionally happens, the first sexual feelings are experienced under the stimulation of whipping in normal children, no permanent perversion necessarily follows; Moll mentions that he knows such cases, *Zeitschrift für Pädagogie, Psychiatrie, und Pathologie*, 1901.) It may be added that it is, perhaps, not fanciful to see a certain inevitableness in the fact that on Rousseau's highly sensitive and receptive temperament it was a masochistic germ that fell and fructified, while on Régis's subject, with his more impulsive ancestral antecedents, a sadistic germ found favorable soil.

It may be noted that in Régis's sadistic case the little girl who was the boy's playmate found scarcely less pleasure in the passive part of whipping than he found in the active. There is ample evidence to show that this is very often the case, and that the attractiveness of the idea of being whipped often even arises spontaneously in children. Lombroso (*La Donna Delinquente*, p. 404) refers to a girl of 7 who had voluptuous pleasure in being whipped, and Hammer (*Monatschrift für Harnkrankheiten*, 1906, p. 398) speaks of a young girl who similarly experienced pleasure in punishment by whipping. Krafft-Ebing records the case of a girl of between 6 and 8 years of age, never at that time having been whipped or seen anyone else whipped, who spontaneously acquired—how she did not know—the desire to be castigated in this manner. It gave her very great pleasure to imagine a woman friend doing this to her. She never desired to be whipped by a man, though there was no trace of inversion, and she never masturbated until the age of 24, when a marriage engagement was broken off. At the age of 10 this longing passed away before it was ever actually realized. (Krafft-Ebing, *Psychopathia Sexualis*, eighth edition, p. 136.)

In the case of another young woman described by Krafft-Ebing—where there was neurasthenia with other minor morbid conditions in the family, but the girl herself appears to have been sound—the desire to be whipped existed from a very early age. She traced it to the fact that when she was 5 years old a friend of her father's playfully placed her across his knees and pretended to whip her. Since then she has always longed to be caned, but to her great regret the wish has never been realized. She longs to be the slave of a man whom she loves: "Lying in fancy before him, he puts one foot on my neck while I kiss the other. I revel in the idea of being whipped by him and imagine different scenes in which he beats me. I take the blows as so many tokens of love; he is at first extremely kind and tender, but then in the excess of his love he beats me. I fancy that to beat me for love's sake gives him the highest pleasure." Sometimes she imagines

that she is his slave, but not his female slave, for every woman may be her husband's slave. She is of proud and independent nature in all other matters, and to imagine herself a man who consents to be a slave gives her a more satisfying sense of humiliation. She does not understand that these manifestations are of a sexual nature. (Krafft-Ebing, *Psychopathia Sexualis*, English translation of tenth edition, p. 189.)

Sometimes a woman desires to take the active part in whipping. Thus Marandon de Montyel records the case of a girl of 19, hereditarily neuropathic (her father was alcoholic), but very intelligent and good-hearted, who had never been whipped or seen anyone whipped. At this age, however, she happened to visit a married friend who was just about to punish her boy of 9 by whipping him with a wet towel. The girl spectator was much interested, and though the boy screamed and struggled she experienced a new sensation she could not define. "At every stroke," she said, "a strange shiver went through all my body from my brain to my heels." She would like to have whipped him herself and felt sorry when it was over. She could not forget the scene and would dream of herself whipping a boy. At last the desire became irresistible and she persuaded a boy of 12, whom she was very fond of, and who was much attached to her, to let her whip him on the naked nates. She did this so ferociously that he at last fainted. She was overcome by grief and remorse. (Marandon de Montyel, *Archives d'Anthropologie Criminelle*, Jan., 1906, p. 30.)

Although masochism in a pronounced degree may be said to be rare in women, the love of active flagellation, and sadistic impulses generally are not uncommon among them. Bloch believes they are especially common among English women. Cases occur from time to time of extreme harshness, cruelty, degrading punishment, and semi-starvation inflicted upon children. The accused are most usually women, and when a man and woman in conjunction are accused it appears generally to have been the woman who played the more active part. But it is rarely demonstrated in these cases that the cruelty exercised had a definite sexual origin. There is nothing, for instance, to indicate true sadism in the famous English case in the eighteenth century of Mrs. Brownrigg (Bloch, *Geschlechtsleben in England*, vol. ii, p. 425). It may well be, however, in many of these cases that the real motive is sexual, although latent and unconscious. The normal sexual impulse in women is often obscured and disguised, and it would not be surprising if the perverse instinct is so likewise.

It is noteworthy that a passion for whipping may be aroused by contact with a person who desires to be whipped. This is illustrated by the following case which has been communicated to me: "K. is a Jew, about 40 years of age, apparently normal. Nothing is known of

his antecedents. He is a manufacturer with several shops. S., an Englishwoman, aged 25, entered his service; she is illegitimate, believed to have been reared in a brothel kept by her mother, is prepossessing in appearance. On entering K.'s service S. was continually negligent and careless. This so provoked K. that on one occasion he struck her. She showed great pleasure and confessed that her blunder had been deliberately intended to arouse him to physical violence. At her suggestion K. ultimately consented to thrash her. This operation took place in K.'s office, S. stripping for the purpose, and the leather driving band from a sewing-machine was used. S. manifested unmistakable pleasure during the flagellation, and connection occurred after it. These thrashings were repeated at frequent intervals, and K. found a growing liking for the operation on his own part. Once, at the suggestion of S., a girl of 13 employed by K. was thrashed by both K. and S. alternately. The child complained to her parents and K. made a money payment to them to avoid scandal, the parents agreeing to keep silence. Other women (Jewish tailoresses) employed by K. were subsequently thrashed by him. He asserts that they enjoyed the experience. Mrs. K., discovering her husband's infatuation for S., commenced divorce proceedings. S. consented to leave the country at K.'s request, but returned almost immediately and was kept in hiding until the decree was granted. The mutual infatuation of K. and S. continues, though K. asserts that he cares less for her than formerly. Flagellation has, however, now become a passion with him, though he declares that the practice was unknown to him before he met S. His great fear is that he will kill S. during one of these operations. He is convinced that S. is not an isolated case, and that all women enjoy flagellation. He claims that the experiences of the numerous women whom he has now thrashed bear out this opinion; one of them is a wealthy woman separated from her husband, and is now infatuated with K."

Flagellation, more especially in its masochistic form, is sometimes associated with true inversion. Moll presents the case of a young inverted woman of 26, showing, indeed, many other minor sexual anomalies, who is sexually excited when beaten with a switch. A whip would not do, and the blows must only be on the nates; she cannot imagine being beaten by a small woman. She has often in this way been beaten by a friend, who should be naked at the time, and must submit afterward to *cunnilinctus*. (Moll, *Konträre Sexualempfindung*, third edition, p. 568.)

In the preceding case there were no masochistic ideas; it is likely that in such a case beating is desired largely on account of that purely physical effect to which attention has already been called. In the same

way self-beating with a switch or whip has sometimes been spontaneously discovered as a method of self-excitement preliminary to masturbation. I am acquainted with a lady of much intellectual ability, sexually normal, who made this discovery at the age of 18, and practised it for a time. Professor Reverdin, also, speaks of the case of a young girl under his care who, after having exhausted all the resources of her intelligence, finally discovered that the climax of enjoyment was best reached by violently whipping her own buttocks and thighs. She had invented for this purpose a whip composed of twelve cords each of which terminated in a large chestnut-burr provided with its spines. (A. Reverdin, *Revue Médicale de la Suisse Romande*, January 20, 1888, p. 17.)

IV.

The Impulse to Strangle the Object of Sexual Desire—The Wish to be Strangled—Respiratory Disturbance the Essential Element in this Group of Phenomena—The Part Played by Respiratory Excitement in the Process of Courtship—Swinging and Suspension—The Attraction Exerted by the Idea of being Chained and Fettered.

THERE is another impulse which it may be worth while to consider briefly here, for the sake of the light it throws on the relationship between love and pain. I allude to the impulse to strangle the object of sexual desire, and to the corresponding craving to be strangled. Cases have been recorded in which this impulse was so powerful that men have actually strangled women at the moment of coitus.¹ Such cases are rare; but, as a mere idea, the thought of strangling a woman appears to be not infrequently associated with sexual emotion. We must probably regard it as, in the main,—with whatever subsidiary elements,—an aspect of that physical seizure, domination, and forcible embrace of the female which is one of the primitive elements of courtship.²

The corresponding idea—the pleasurable connection of the thought of being strangled with sexual emotion—appears to occur still more frequently, perhaps especially in women. Here we seem to have, as in the case of whipping, a combina-

¹ An attenuated and symbolic form of this impulse is seen in the desire to strangle birds with the object of stimulating or even satisfying sexual desire. Prostitutes are sometimes acquainted with men who bring a live pigeon with them to be strangled just before intercourse. Lanphear, of St. Louis (*Alienist and Neurologist*, May, 1907, p. 204), knew a woman, having learned masturbation in a convent school, who was only excited and not satisfied by coitus with her husband, and had to rise from bed, catch and caress a chicken, and finally wring its neck, whereupon orgasm occurred.

² Even young girls, however, may experience pleasure in the playful attempt to strangle. Thus a lady speaking of herself at the time of puberty, when she was in the habit of masturbating, writes (*Sexual-Problems*, Aug., 1909, p. 636): "I acquired a desire to seize people, especially girls, by the throat, and I enjoyed their way of screaming out."

tion of a physical with a psychic element. Not only is the idea attractive, but, as a matter of fact, strangulation, suffocation, or any arrest of respiration, even when carried to the extent of producing death, may actually provoke emission, as is observed after death by hanging.¹ It is noteworthy that, as Eulenburg remarks, the method of treating diseases of the spinal cord by suspension—a method much in vogue a few years ago—often produced sexual excitement.² In brothels, it is said, some of the clients desire to be suspended vertically by a cord furnished with pads.³ A playful attempt to throttle her on the part of her lover is often felt by a woman as pleasurable, though it may not necessarily produce definite sexual excitement. Sometimes, however, this feeling becomes so strong that it must be regarded as an actual perversion, and I have been told of a woman who is indifferent to the ordinary sexual embrace; her chief longing is

¹ Godard observed that when animals are bled, or felled, as well as strangled, there is often abundant emission, rich in spermatozoa, but without erection, though accompanied by the same movements of the tail as during copulation. Robin (art. "Pécundation," *Dictionnaire des Sciences Médicales*), who quotes this observation, has the following remarks on this subject: "Ejaculation occurring at the moment when the circulation, maintained artificially, stops is a fact of significance. It shows how congestive conditions—or inversely anemic conditions—constitute organic states sufficient to set in movement the activity of the nerve-centers, as is the case for muscular contractility. . . . Everything leads us to believe that at the moment when the motor nervous action takes place the corresponding sensitive centers also come into play." It must be added that Minovici, in his elaborate study of death by hanging ("Etude sur la Pendaison," *Archives d'Anthropologie Criminelle*, 1905, especially p. 791 *et seq.*), concludes that the turgescence of penis and flow of spermatie fluid (sometimes only prostatic secretion) usually observed in these cases is purely passive and generally, though not always, of post-mortem occurrence. There is, therefore, no sexual pleasure in death by hanging, and persons who have been rescued at the last moment have experienced no voluptuous sensations. This was so even in the case, referred to by Minovici, of a man who hanged himself solely with the object of producing sexual pleasure.

² Eulenburg, *Sexuale Neuropathie*, p. 114.

³ Bernaldo de Quiros and Llanos Aguilaniedo (*La Mala Vida en Madrid*, p. 294) knew the case of a man who found pleasure in lying back on an inclined couch while a prostitute behind him pulled at a slipknot until he was nearly suffocated; it was the only way in which he could attain sexual gratification.

to be throttled, and she will do anything to have her neck squeezed by her lover till her eyeballs bulge.¹

"I think if I could be left my present feelings," a lady writes, "and be changed into a male imbecile,—that is, given a man's strength, but deprived, to a large extent, of reasoning power,—I might very likely act in the apparently cruel way they do. And this partly because many of their actions appeal to me on the passive side. The idea of being *strangled* by a person I love does. The great sensitiveness of one's throat and neck come in here as well as the loss of breath. Once when I was about to be separated from a man I cared for I put his hands on my throat and implored him to kill me. It was a moment of madness, which helps me to understand the feelings of a person always insane. Even now that I am cool and collected I know that if I were deeply in love with a man who I thought was going to kill me, especially in that way, I would make no effort to save myself beforehand, though, of course, in the final moments nature would assert herself without my volition. What makes the horror of such cases in insanity is the fact of the love being left out. But I think I find no greater difficulty in picturing the mental attitude of a sadistic lunatic than that of a normal man who gets pleasure out of women for whom he has no love."

The imagined pleasure of being strangled by a lover brings us to a group of feelings which would seem to be not unconnected with respiratory elements. I refer to the pleasurable excitement experienced by some in suspension, swinging, restraint, and fetters. Strangulation is the extreme and most decided type of this group of imagined or real situations, in all of which a respiratory disturbance seems to be an essential element.²

¹ Arrest of respiration, it may be noted, may accompany strong sexual excitement, as it may some other emotional states; one recalls passages in the *Arabian Nights* in which we are told of ladies who at the sight of a very beautiful youth "felt their reason leave them, yearned to embrace the marvelous youth, and *ceased breathing*." Inhibited respiration is indeed, as Stevens shows ("Study of Attention," *American Journal of Psychology*, Oct., 1905), a characteristic of all active attention.

² The exact part played by the respiration and even the circulation in constituting emotional states is still not clear, although various experiments have been made; see, e.g., Angell and Thompson, "A Study of the Relations between Certain Organic Processes and Consciousness," *Psychological Review*, January, 1899. A summary statement of the relations of the respiration and circulation to emotional states will be found in Külpe's *Outlines of Psychology*, part i, section 2, § 37.

In explaining these phenomena we have to remark that respiratory excitement has always been a conspicuous part of the whole process of tumescence and detumescence, of the struggles of courtship and of its climax, and that any restraint upon respiration, or, indeed, any restraint upon muscular and emotional activity generally, tends to heighten the state of sexual excitement associated with such activity.

I have elsewhere, when studying the spontaneous solitary manifestation of the sexual instinct (*Auto-erotism*, in vol. i of these *Studies*), referred to the pleasurable emotional, and sometimes sexual, effects of swinging and similar kinds of movement. It is possible that there is a certain significance in the frequency with which the eighteenth-century French painters, who lived at a time when the refinements of sexual emotion were carefully sought out, have painted women in the act of swinging. Fragonard mentions that in 1763 a gentleman invited him into the country, with the request to paint his mistress, especially stipulating that she should be depicted in a swing. The same motive was common among the leading artists of that time. It may be said that this attitude was merely a pretext to secure a vision of ankles, but that result could easily have been attained without the aid of the swing.

I may here quote, as bearing on this and allied questions, a somewhat lengthy communication from a lady to whom I am indebted for many subtle and suggestive remarks on the whole of this group of manifestations:—

"With regard to the connection between swinging and suspension, perhaps the physical basis of it is the loss of breath. Temporary loss of breath with me produces excitement. Swinging at a height or a fall from a height would cause loss of breath; in a state of suspension the imagination would suggest the idea of falling and the attendant loss of breath. People suffering from lung disease are often erotically inclined, and anesthetics affect the breathing. Men also seem to like the idea of suspension, but from the active side. One man used to put his wife on a high swinging shelf when she displeased him, and my husband told me once he would like to suspend me to a crane we were watching at work, though I have never mentioned my own feeling on this point to him. Suspension is often mentioned in descriptions of torture. Beatrice Cenci was hung up by her hair and the recently murdered Queen of Korea was similarly treated. In Tolstoi's *My Husband and I* the girl says she would like her husband to hold her over a precipice. That passage gave me great pleasure.¹

¹ The words alluded to by my correspondent are as follows: "I needed a struggle; what I needed was that feeling should guide life, and

"The idea of slipping off an inclined plane gives me the same sensation. I always feel it on seeing Michael Angelo's 'Night,' though the slipping look displeases me artistically. I remember that when I saw the 'Night' first I did feel excited and was annoyed, and it seemed to me it was the slipping-off look that gave it; but I think I am now less affected by that idea. Certain general ideas seem to excite one, but the particular forms under which they are presented lose their effect and have to be varied. The sentence mentioned in Tolstoi leaves me now quite cold, but if I came across the same idea elsewhere, expressed differently, then it would excite me. I am very capricious in the small things, and I think women are so more than men. The idea of slipping down a plank formerly produced excitement with me; now it has a less vivid effect, though the idea of loss of breath still produces excitement. The idea of the plank does not now affect me unless there is a certain amount of drapery. I think, therefore, that the feeling must come in part from the possibility of the drapery catching on some roughness of the surface of the slope, and so producing pressure on the sexual organs. The effect is still produced, however, even without any clothing; if the slope is supposed to end in a deep drop, so that the idea of falling is strongly presented. I cannot recollect any early associations that would tend to explain these feelings, except that jumping from a height, which I used frequently to do as a child, has a tendency to create excitement.

"With me, I may add, it is when I cannot express myself, or am trying to understand what I feel is beyond my grasp, that the first stage of sexual excitement results. For instance, I never get excited in thinking over sexual questions, because my ideas, correct or incorrect, are fairly clear and definite. But I often feel sexually excited over that question of the inheritance of acquired characteristics, not because I can't decide between the two sets of evidence, but because I don't feel confident of having fully grasped the true significance of either. This feeling of want of power, mental or physical, always has the same effect. I feel it if my eyes are blindfolded or my hands tied. I don't like to see the Washington Post dance, in which the man stands behind the woman and holds her hands, on that account. If he held her wrists the feeling would be stronger, as her apparent helplessness would be increased. The nervous irritability that is caused by being

not that life should guide feeling. I wanted to go with him to the edge of an abyss and say: 'Here a step and I will throw myself over; and here a motion and I have gone to destruction'; and for him, turning pale, to seize me in his strong arms, hold me back over it till my heart grew cold within me, and then carry me away wherever he pleased." The whole of the passage in which these lines occur is of considerable psychological interest. In one English translation the story is entitled *Family Happiness*.

under restraint seems to manifest itself in that way, while in the case of mental disability the excitement, which should flow down a mental channel, being checked, seems to take a physical course instead.

"Possibly this would help to explain masochistic sexual feelings. A physical cause working in the present would be preferable as an explanation to a psychological cause to be traced back through heredity to primitive conditions. I believe such feelings are very common in men as well as in women, only people do not care to admit them, as a rule."

The idea of being chained and fettered appears to be not uncommonly associated with pleasurable sexual feelings, for I have met with numerous cases in both men and women, and it not infrequently coexists with a tendency to inversion. It often arises at a very early age, and it is of considerable interest because we cannot account for its frequency by any chance association nor by any actual experiences. It would appear to be a purely psychic fantasia founded on the elementary physical fact that restraint of emotion, like suspension, produces a heightening of emotion. In any case the spontaneous character of such ideas and emotions in children of both sexes suffices to show that they must possess a very definite organic basis.

In one of the histories (X) contained in Appendix B at the end of the present volume a lady describes how, as a child, she reveled in the idea of being chained and tortured, these ideas appearing to rise spontaneously. In another case, that of A. N. (for the most part reproduced in "Erotic Symbolism," in vol. v of these *Studies*), whose ideals are inverted and who is also affected by boot-fetichism, the idea of fetters is very attractive. In this case self-excitement was produced at a very early age, without the use of the hands, by strapping the legs together. We can, however, scarcely explain away the idea of fetters in this case as merely the result of an early association, for it may well be argued that the idea led to this method of self-excitement. "The mere idea of fetters," this subject writes, "produces the greatest excitement, and the sight of pictures representing such things is a temptation. The reading of books dealing with prison life, etc., anywhere where physical restraint is treated of, is a temptation. The temptation is aggravated when the picture represents the person booted. I suppose all this will have been intensified in my case by my practices as a child. But why should a child of 6 do such things unless it were a natural instinct in him? Nobody showed me; I have never mentioned

such things to anyone. I used to read historical romances for the pleasure of reading of people being put in prison, in fetters, and tortured, and always envied them. I feel now that I should like to undergo the sensation. If I could get anyone to humor me without losing their self-respect, I should jump at the opportunity. I have been most powerfully excited by visiting an old Australian convict-ship, where all the means of restraint are shown; I have been attracted to it night after night, wanting, but not daring to ask, to be allowed to have a practical experience."

Stcherbak, of Warsaw, has recorded a case which resembles that of A. N., but there was no inversion and the attraction of fetters was active rather than passive; the subject desired to fetter and not to be fettered. It is possible that this difference is not fundamental, though Stcherbak regards the case as one of fetichism of sadistic origin ("Contribution à l'Etude des Perversions Sexuelles," *Archives de Neurologie*, Oct., 1907). The subject was a highly intelligent though neurasthenic youth, who from the age of 5 had been deeply interested in criminals who were fettered and sent to prison. The fate of Siberian prisoners was a frequent source of prolonged meditations. It was the fettering which alone interested him, and he spent much time in trying to imagine the feelings of the fettered prisoners, and he often imagined that he was himself a prisoner in fetters. (This seems to indicate that the impulse was in its origin masochistic as much as sadistic, and better described as algolagnia than as sadism.) He delighted in stories and pictures of fettered persons. At the age of 15 the sex of the fettered person became important and he was interested chiefly in fettered women. A new element also appeared; he was attracted to well-dressed women and especially to those wearing elegant shoes, delighting to imagine them fettered. He fastened his own feet together with chains, attempting to walk about his room in this condition, but experienced comparatively little pleasure in this way. At the age of 15 he met a lady 10 years older than himself and of great intelligence. As he began to know her more intimately she allowed him to take liberties with her; he fastened her hands behind her back, and this caused him a violent but delicious emotion which he had never experienced before. Next time he fastened her feet together as well as her hands; as he did so her shoes slightly touched his sexual organs; this caused erection and ejaculation, accompanied by the most acute sexual pleasure he had ever felt. He had no wish to see her naked or to uncover himself, and as long as this relationship lasted he had no abnormal thoughts at other times, or in connection with other people. He never masturbated, and his sexual dreams were of fettered men or women. Stcherbak discusses the case at length and considers

that it is essentially an example of sadism, on the ground that the impulse of fettering was prompted by the desire to humiliate. There is, however, no evidence of any such desire, and, as a matter of fact, no humiliation was effected. The primary and fundamental element in this and similar cases is an almost abstract sexual fascination in the idea of restraint, whether endured, inflicted, or merely witnessed or imagined; the feet become the chief focus of this fascination, and the basis on which a foot-fetichism or shoe-fetichism tends to arise, because restraint of the feet produces a more marked effect than restraint of the hands.

V.

Pain, and Not Cruelty, the Essential Element in Sadism and Masochism—Pain Felt as Pleasure—Does the Sadist Identify Himself with the Feelings of his Victim?—The Sadist often a Masochist in Disguise—The Spectacle of Pain or Struggle as a Sexual Stimulant.

IN the foregoing rapid survey of the great group of manifestations in which the sexual emotions come into intimate relationship with pain, it has become fairly clear that the ordinary division between "sadism" and "masochism," convenient as these terms may be, has a very slight correspondence with facts. Sadism and masochism may be regarded as complementary emotional states; they cannot be regarded as opposed states.¹ Even De Sade himself, we have seen, can scarcely be regarded as a pure sadist. A passage in one of his works expressing regret that sadistic feeling is rare among women, as well as his definite recognition of the fact that the suffering of pain may call forth voluptuous emotions, shows that he was not insensitive to the charm of masochistic experience, and it is evident that a merely blood-thirsty vampire, sane or insane, could never have retained, as De Sade retained, the undying devotion of two women so superior in heart and intelligence as his wife and sister-in-law. Had De Sade possessed any wanton love of cruelty, it would have appeared during the days of the Revolution, when it was safer for a man to simulate blood-thirstiness, even if he did not feel it, than to show humanity. But De Sade distinguished himself at that time not merely by his general philanthropic activities, but by saving from the scaffold, at great risk to himself, those who had injured him. It is clear that, apart from the organically morbid twist by which he obtained sexual satisfaction in his partner's pain,—a craving

¹ This opinion appears to be in harmony with the conclusions of Eulenburg, who has devoted special study to De Sade, and points out that the ordinary conception of "sadism" is much too narrow. (Eulenburg, *Sexuale Neuropathie*, 1895, p. 110 et seq.)

which was, for the most part, only gratified in imaginary visions developed to an inhuman extent under the influence of solitude, --De Sade was simply, to those who knew him, "*un aimable mauvais sujet*" gifted with exceptional intellectual powers. Unless we realize this we run the risk of confounding De Sade and his like with men of whom Judge Jeffreys was the sinister type.

It is necessary to emphasize this point because there can be no doubt that De Sade is really a typical instance of the group of perversions he represents, and when we understand that it is pain only, and not cruelty, that is the essential in this group of manifestations we begin to come nearer to their explanation. The masochist desires to experience pain, but he generally desires that it should be inflicted in love; the sadist desires to inflict pain, but in some cases, if not in most, he desires that it should be felt as love. How far De Sade consciously desired that the pain he sought to inflict should be felt as pleasure it may not now be possible to discover, except by indirect inference, but the confessions of sadists show that such a desire is quite commonly essential.

I am indebted to a lady for the following communication on the foregoing aspect of this question: "I believe that, when a person takes pleasure in inflicting pain, he or she imagines himself or herself in the victim's place. This would account for the transmutability of the two sets of feelings. This might be particularly so in the case of men. A man may not care to lower his dignity and vanity by putting himself in subjection to a woman, and he might fear she would feel contempt for him. By subduing her and subjecting her to passive restraint he would preserve, even enhance, his own power and dignity, while at the same time obtaining a reflected pleasure from what he imagined she was feeling.

"I think that when I get pleasure out of the idea of subduing another it is this reflected pleasure I get. And if this is so one could thus feel more kindly to persons guilty of cruelty, which has hitherto always seemed the one unpardonable sin. Even criminals, if it is true that they are themselves often very insensitive, may, in the excitement of the moment, imagine that they are only inflicting trifling pain, as it would be to them, and that their victim's feelings are really pleasurable. The men I have known most given to inflicting pain are all particularly tender-hearted when their passions are not in question. I cannot under-

stand how (as in a case mentioned by Krafft-Ebing) a man could find any pleasure in binding a girl's hands except by imagining what he supposed were her feelings, though he would probably be unconscious that he put himself in her place.

"As a child I exercised a good deal of authority and influence over my youngest sister. It used to give me considerable pleasure to be somewhat arbitrary and severe with her, but, though I never admitted it to myself or to her, I knew instinctively that she took pleasure in my treatment. I used to give her childish lessons, over which I was very strict. I invented catechisms and chapters of the Bible in which elder sisters were exhorted to keep their juniors under discipline, and younger sisters were commanded to give implicit submission and obedience. Some parts of the *Imitation* lent themselves to this sort of parody, which never struck me as in any way irreverent. I used to give her arbitrary orders to 'exercise her in obedience,' as I told her, and I used to punish her if she disobeyed me. In all this I was, *though only half consciously*, guided through my own feelings as to what I should have liked in her place. For instance, I would make her put down her playthings and come and repeat a lesson; but, though she was in appearance having her will subdued to mine, I always chose a moment when I foresaw she would soon be tired of play. There was sufficient resistance to make restraint pleasurable, not enough to render it irksome. In my punishments I acted on a similar principle. I used to tie her hands behind her (like the man in Krafft-Ebing's case), but only for a few moments; I once shut her in a sort of cupboard-room, also for a very short time. On two or three occasions I completely undressed her, made her lie down on the bed, tied her hands and feet to the bedstead, and gave her a slight whipping. I did not wish to hurt her, only to inflict just enough pain to produce the desire to move or resist. *My pleasure, a very keen one, came from the imagined excitement produced by the thwarting of this desire.* (Are not your own words—that 'emotion' is 'motion in a more or less arrested form'—an epigrammatic summary of all this, though in a somewhat different connection?) I did not undress her from any connection of nakedness with sexual feeling, but simply to enhance her feeling of helplessness and defenselessness under my hands. If I were a man and the woman I loved were refractory I should undress her before finding fault with her. A woman's dress symbolizes to her the protection civilization affords to the weak and gives her a fictitious strength. Naked, she is face to face with primitive conditions, her weakness opposed to the man's power. Besides, the sense of shame at being naked under the eyes of a man who regarded her with displeasure would extend itself to her offense and give him a distinct, though perhaps unfair, ad-

vantage. I used the bristle side of a brush to chastise her with, as suggesting the greatest amount of severity with the least possible pain. In fact, my idea was to produce the maximum of emotion with the minimum of actual discomfort.

"You must not, however, suppose that at the time I reasoned about it at all in this way. I was very fond of her, and honestly believed I was doing it for her good. Had I realized then, as I do now, that my sole aim and object was physical pleasure, I believe my pleasure would have ceased; in any case I should not have felt justified in so treating her. Do I at all persuade you that my pleasure was a reflection of hers? That it was, I think, is clear from the fact that I only obtained it when she was willing to submit. Any *real* resistance or signs that I was overpassing the boundary of pleasure in her and urging on pain without excitement caused me to desist and my own pleasure to cease.

"I disclaim all altruism in my dealings with my sister. What occurs appears to me to be this: A situation appeals to one in imagination and one at once desires to transfer it to the realms of fact, being one's self one of the principal actors. If it is the passive side which appeals to one, one would prefer to be passive; but if that is not obtainable then one takes the active part as next best. In either case, however, it is *the realization of the imagined situation* that gives the pleasure, not the other person's pleasure as such, although his or her supposed pleasure creates the situation. If I were a man it would afford me great delight to hold a woman over a precipice, even if she disliked it. The idea appeals to me so strongly that I could not help *imagining* her pleasure, though I might *know* she got none, and even though she made every demonstration of fear and dislike of it. The situation so often imagined would have become a fact. It seems to me I have to say a thing is and is not in the same breath, but the confusion is only in the words.

"Let me give you another example: I have a tame pigeon which has a great affection for me. It sits on my shoulder and squats down with its wings out as birds do when courting, pecking me to make me take notice of it, and flickering its wings. I like to hold it so that it can't move its wings, because I imagine this increases its excitement. If it struggles, or seems to dislike my holding it, I let it go.

"In an early engagement (afterward broken off) my *fiancé* used to take an evident pleasure in telling me how he would punish me if I disobeyed him when we were married. Though we had but little in common mentally, I was frequently struck with the similarity between his ideas and what my own had been in regard to my sister. He used his authority over me most capriciously. On one occasion he would

not let me have any supper at a dance. On another he objected to my drinking black coffee. No day passed without a command or prohibition on some trifling point. Whenever he saw, though, that I really disliked the interference or made any decided resistance, which happened very seldom, he let me have my own way at once. I cannot but think, when I recall the various circumstances, that he got a certain pleasure, as I had done with my sister, by an almost unconscious transference of my feelings to himself.

"I find, too, that, when I want a man to say or do to me what would cause me pleasure and he does not gratify me, I feel an intense longing to change places, to be the man and make him, as the woman, feel what I want to feel. Combined with this is a sense of irritation at not being gratified and a desire to punish him for my deprivation, for his stupidity in not saying or doing the right thing. I don't feel any anger at a man not caring for me, but only for not divining my feelings when he does care.

"Now let me take another case: that of the man who used to experience pleasure when surprising a woman making water. (*Of. Archives d'Anthropologie Criminelle*, Nov. 15, 1900.) Here the woman's embarrassment appears to be a factor; but it seems to me there must be more than this, as confusion might be produced in so many other ways, as if she were found bathing, or undressed, though it might not be so acute. In reality, I fancy she would be checked in what she was doing, and that the man, perhaps unconsciously, imagined this check and a resulting excitement. That such a check does sometimes produce excitement I know from experience in travelling. If the bladder is not emptied before connection the pleasure is often more intense. Long before I understood these things at all I was struck by this quotation: 'Cette volupté que ressentent les bords de la mer, d'être toujours pleins sans jamais déborder?' What would be the effect on a man of a sudden check at the supreme moment of sexual pleasure? In reality, I suppose, pain, as the nerves would be at their full tension and unable to respond to any further stimulus; but, in imagination, one's nerves are not at their highest tension, and one imagines an increase or, at any rate, a prolongation of the pleasurable sensations. Something of all this, some vague reflection of the woman's possible sensations, seems to enter in the man's feelings in surprising the woman. In any case his pleasure in her confusion seems to me a reflection of her feelings, for the sense of shame and embarrassment before a man is very exciting, and doubly so if one realizes that the man enjoys it. Ouida speaks of the 'delicious shame' experienced by 'Folle Farine.'

"It seems to me that whenever we are affected by another's emotion we do practically, though unconsciously, put ourselves in his

place; but we are not always able to gauge accurately its intensity or to allow for differences between ourselves and another, and, in the case of pain, it is doubly difficult, as we can never recall the pain itself, but only the mental effects upon us of the pain. We cannot even recall the feeling of heat when we are cold, or *vice versa*, with any degree of vividness.

"A woman tells me of a man who frequently asks her if she would not like him to whip her. He is greatly disappointed when she says she gets no pleasure from it, as it would give him so much to do it. He cannot believe she experiences none, because he would enjoy being whipped so keenly if he were a girl. In another case the man thinks the woman *must* enjoy suffering, *because* he would get intense pleasure from inflicting it! Why is this, unless he would like it if a woman, and confuses in his mind the two personalities? All the men I know who are sadistically inclined admit that if they were women they would like to be harshly treated.

"Of course, I quite see there may be many complications; a man's natural anger at resistance may come in, and also simple, not sexual, pleasure in acts of crushing, etc. I always feel inclined to crush anything very soft or a person with very pretty thick hair, to rub together two shining surfaces, two bits of satin, etc., apart from any feelings of excitement. My explanation only refers to that part of sadism which is sexual enjoyment of another's pain."

That the foregoing view holds good as regards the traces of sadism found within the normal limits of sexual emotion has already been stated. We may also believe that it is true in many genuinely perverse cases. In this connection reference may be made to an interesting case, reported by Moll, of a married lady 23 years of age, with pronounced sadistic feelings. She belongs to a normal family and is herself apparently quite healthy, a tall and strongly built person, of feminine aspect, fond of music and dancing, of more than average intelligence. Her perverse inclinations commenced obscurely about the age of 14, when she began to be dominated by the thought of the pleasure it would be to strike and torture a man, but were not clearly defined until the age of 18, while at an early age she was fond of teasing and contradicting men, though she never experienced the same impulse toward women. She has never, except in a very slight degree, actually carried her ideas into practice, either with her husband or anyone else, being restrained, she says, by a feeling of shame. Coitus, though frequently practised, gives her no pleasure, seems, indeed, somewhat disgusting to her, and has never produced orgasm. Her own ideas, also, though very pleasurable to her, have not produced definite sexual excitement, except on two or three occasions, when they had been combined

with the influence of alcohol. She frankly regrets that modern social relationship makes it impossible for her to find sexual satisfaction in the only way in which such satisfaction would be possible to her.

Her chief delight would be to torture the man she was attached to in every possible way; to inflict physical pain and mental pain would give her equal pleasure. "I would bite him till the blood came, as I have often done to my husband. At that moment all sympathy for him would disappear." She frequently identifies her imaginary lover with a real man to whom she feels that she could be much more attracted than she is to her husband. She imagines to herself that she makes appointments with this lover, and that she reaches the rendezvous in her carriage, but only after her lover has been waiting for her a very long time in the cold. Then he must feel all her power, he must be her slave with no will of his own, and she would torture him with various implements as seemed good to her. She would use a rod, a riding-whip, bind him and chain him, and so on. But it is to be noted that she declares "*this could, in general, only give me enjoyment if the man concerned endured such torture with a certain pleasure.*" He must, indeed, writhe with pain, but at the same time be in a state of sexual ecstasy, followed by satisfaction." His pleasure must not, however, be so great that it overwhelms his pain; if it did, her own pleasure would vanish, and she has found with her husband that when in kissing him she bites have given him much pleasure she has at once refrained.

It is further noteworthy that only the pain she herself had inflicted would give her pleasure. If the lover suffered pain from an accident or a wound she is convinced that she would be full of sympathy for him. Outside her special sexual perversion she is sympathetic and very generous. (Moll, *Konträre Sexualempfindung*, 1899, pp. 507-510.)

This case is interesting as an uncomplicated example of almost purely ideal sadism. It is interesting to note the feelings of the sadist subject toward her imaginary lover's feelings. It is probably significant that, while his pleasure is regarded as essential, his pain is regarded as even more essential, and the resulting apparent confusion may well be of the very essence of the whole phenomenon. The pleasure of the imaginary lover must be secured or the manifestation passes out of the sexual sphere; but his pleasure must, at all costs, be conciliated with his pain, for in the sadist's eyes the victim's pain has become a vicarious form of sexual emotion. That, at the same time, the sadist desires to give pleasure rather than pain finds confirmation in the fact that he often insists on pleasure being feigned even though it is not felt. Some years ago a rich Jewish merchant became notorious for torturing girls with whom he had intercourse; his performances acquired for him the title of "*l'homme qui pique*," and led to his prosecution. It

was his custom to spend some hours in sticking pins into various parts of the girl's body, but it was essential that she should wear a smiling face throughout the proceedings. (Hamon, *La France Sociale et Politique*, 1891, p. 445 *et seq.*)

We have thus to recognize that sadism by no means involves any love of inflicting pain outside the sphere of sexual emotion, and is even compatible with a high degree of general tender-heartedness. We have also to recognize that even within the sexual sphere the sadist by no means wishes to exclude the victim's pleasure, and may even regard that pleasure as essential to his own satisfaction. We have, further, to recognize that, in view of the close connection between sadism and masochism, it is highly probable that in some cases the sadist is really a disguised masochist and enjoys his victim's pain because he identifies himself with that pain.

But there is a further group of cases, and a very important group, on account of the light it throws on the essential nature of these phenomena, and that is the group in which the thought or the spectacle of pain acts as a sexual stimulant, without the subject identifying himself clearly either with the inflicter or the sufferer of the pain. Such cases are sometimes classed as sadistic; but this is incorrect, for they might just as truly be called masochistic. The term *algolagnia* might properly be applied to them (and Eulenburg now classes them as "*ideal algolagnia*"), for they reveal an undifferentiated connection between sexual excitement and pain not developed into either active or passive participation. Such feelings may arise sporadically in persons in whom no sadistic or masochistic perversion can be said to exist, though they usually appear in individuals of neurotic temperament. Casanova describes an instance of this association which came immediately under his own eyes at the torture and execution of Damiens in 1757.¹ W. G. Stearns

¹ Casanova, *Mémoires*, vol. viii, pp. 74-76. Goncourt in his *Journal*, under date of April, 1862 (vol. ii, p. 27), tells a story of an Englishman who engaged a room overlooking a scaffold where a murderer was to be hanged, proposing to take a woman with him and to avail himself of the excitement aroused by the scene. This scheme was frustrated by the remission of the death penalty.

knew a man (having masturbated and had intercourse to excess) who desired to see his wife delivered of a child, and finally became impotent without this idea. He witnessed many deliveries and especially obtained voluptuous gratification at the delivery of a primipara when the suffering was greatest.¹ A very trifling episode may, however, suffice. In one case known to me a man, neither sadistic nor masochistic in his tendencies, when sitting looking out of his window saw a spider come out of its hole to capture and infold a fly which had just been caught in its web; as he watched the process he became conscious of a powerful erection, an occurrence which had never taken place under such circumstances before.² Under favoring conditions some incident of this kind at an early age may exert a decisive influence on the sexual life. Tambroni, of Ferrara, records the case of a boy of 11 who first felt voluptuous emotions on seeing in an illustrated journal the picture of a man trampling on his daughter; ever afterward he was obliged to evoke this image in masturbation or coitus.³ An instructive case has been recorded by Féré. In this case a lady of neurotic heredity on one side, and herself liable to hysteria, experienced her first sexual crisis at the age of 13, not long after menstruation had become established, and when she had just recovered from an attack of chorea. Her old nurse, who had remained in the service of the family, had a ne'er-do-well son who had disappeared for some years and had just now suddenly returned and thrown himself, crying and sobbing, at the knees of his mother, who thrust him away. The young girl accidentally witnessed this scene. The cries and the sobs provoked in her a sexual excitement she had never experienced before. She rushed away in surprise to the next room, where, however, she could still

¹ *Alienist and Neurologist*, May, 1907, p. 204.

² This spectacle of the spider and the fly seems indeed to be specially apt to exert a sexual influence. I have heard of a precisely similar case in a man of intellectual distinction, and another in a lady who acknowledged to a feeling of "exquisite pleasure," on one occasion, at the mere sound of the death agony of a fly in a spider's web.

³ Quoted by Obici and Marchesini, *Le Amicizie di Collegio*, p. 245.

hear the sobs, and soon she was overcome by a sexual orgasm. She was much troubled at this occurrence, and at the attraction which she now experienced for a man she had never seen before and whom she had always looked upon as a worthless vagabond. Shortly afterward she had an erotic dream concerning a man who sobbed at her knees. Later she again saw the nurse's son, but was agreeably surprised to find that, though a good-looking youth, he no longer caused her any emotion, and he disappeared from her mind, though the erotic dreams concerning an unknown sobbing man still occurred rather frequently. During the next ten years she suffered from various disorders of more or less hysterical character, and, although not disinclined to the idea of marriage, she refused all offers, for no man attracted her. At the age of 23, when staying in the Pyrenees, she made an excursion into Spain, and was present at a bull-fight. She was greatly excited by the charges of the bull, especially when the charge was suddenly arrested.¹ She felt no interest in any of the men who took part in the performance or were present; no man was occupying her imagination. But she experienced sexual sensations and accompanying general exhilaration, which were highly agreeable. After one bull had charged successively several times the orgasm took place. She considered the whole performance barbarous, but could not resist the desire to be present at subsequent bull-fights, a desire several times gratified, always with the same results, which were often afterward

¹ It may be noted that we have already several times encountered this increase of excitement produced by arrest of movement. The effect is produced whether the arrest is witnessed or is actually experienced. "A man can increase a woman's excitement," a lady writes, "by forbidding her to respond in any way to his caresses. It is impossible to remain quite passive for more than a few seconds, but, during these few, excitement is considerably augmented." In a similar way I have been told of a man of brilliant intellectual ability who very seldom has connection with a woman without getting her to compress with her hand the base of the urethral canal to such an extent as to impede the passage of the semen. On withdrawal of the hand copious emission occurs, but it is the shock of the arrest caused by the constriction which gives him supreme pleasure. He has practised this method for years without evil results.

repeated in dreams. From that time she began to take an interest in horse-races, which she now found produced the same effect, though not to the same degree, especially when there was a fall. She subsequently married, but never experienced sexual satisfaction except under these abnormal circumstances or in dreams.¹

As the foregoing case indicates, horses, and especially running or struggling horses, sometimes have the same effect in stimulating the sexual emotions, especially on persons predisposed by neurotic heredity, as we have found that the spectacle of pain possesses. A medical correspondent in New Zealand tells me of a patient of his own, a young carpenter of 26, not in good health, who had never masturbated or had connection with a woman. He lived in a room overlooking a livery-stable yard where was kept, among other animals, a large black horse. Nearly every night he had a dream in which he seemed to be pursuing this large black horse, and when he caught it, which he invariably did, there was a copious emission. A holiday in the country and tonic treatment dispelled the dreams and reduced the nocturnal emissions to normal frequency. Féré has recorded a case of a boy, of neuropathic heredity, who, when 14 years of age, was one day about to practise mutual masturbation with another boy of his own age. They were seated on a hillside overlooking a steep road, and at this moment a heavy wagon came up the road drawn by four horses, which struggled painfully up, encouraged by the cries and the whip of the driver. This sight increased the boy's sexual excitement, which reached its climax when one of the horses suddenly fell. He had never before experienced such intense excitement, and always afterward a similar spectacle of struggling horses produced a similar effect.²

In this connection reference may be made to the frequency with which dreams of struggling horses occur in con-

¹ Féré, "Le Sadisme aux Courses de Taureaux," *Revue de médecine*, August, 1900.

² Féré, *L'Instinct sexuel*, p. 255.

nection with disturbance or disease of the heart. In such cases it is clear that the struggling horses seem to dream-consciousness to embody and explain the panting struggles to which the heart is subjected. They become, as it were, a visual symbol of the cardiac oppression. In much the same way, it would appear, under the influence of sexual excitement, in which cardiac disturbance is one of the chief constituent elements, the struggling horses became a sexual symbol, and, having attained that position, they are henceforth alone adequate to produce sexual excitement.

VI.

Why is Pain a Sexual Stimulant?—It is the Most Effective Method of Arousing Emotion—Anger and Fear the Most Powerful Emotions—Their Biological Significance in Courtship—Their General and Special Effects in Stimulating the Organism—Grief as a Sexual Stimulant—The Physiological Mechanism of Fatigue Renders Pain Pleasurable.

WE have seen that the distinction between "sadism" and "masochism" cannot be maintained; not only was even De Sade himself something of a masochist and Sacher-Masoch something of a sadist, but between these two extreme groups of phenomena there is a central group in which the algolagnia is neither active nor passive. "Sadism" and "masochism" are simply convenient clinical terms for classes of manifestations which quite commonly occur in the same person. We have further found that—as might have been anticipated in view of the foregoing result—it is scarcely correct to use the word "cruelty" in connection with the phenomena we have been considering. The persons who experience these impulses usually show no love of cruelty outside the sphere of sexual emotion; they may even be very intolerant of cruelty. Even when their sexual impulses come into play they may still desire to secure the pleasure of the persons who arouse their sexual emotions, even though it may not be often true that those who desire to inflict pain at these moments identify themselves with the feelings of those on whom they inflict it. We have thus seen that when we take a comprehensive survey of all these phenomena a somewhat general formula will alone cover them. Our conclusion so far must be that under certain abnormal circumstances pain, more especially the mental representation of pain, acts as a powerful sexual stimulant.

The reader, however, who has followed the discussion to this point will be prepared to take the next and final step in our discussion and to reach a more definite conclusion. The

question naturally arises: By what process does pain or its mental representation thus act as a sexual stimulant? The answer has over and over again been suggested by the facts brought forward in this study. Pain acts as a sexual stimulant because it is the most powerful of all methods for arousing emotion.

The two emotions most intimately associated with pain are anger and fear. The more masculine and sthenic emotion of anger, the more passive and asthenic emotion of fear, are the fundamental animal emotions through which, on the psychic side, the process of natural selection largely works. Every animal in some degree owes its survival to the emotional reaction of anger against weaker rivals, to the emotional reaction of fear against stronger rivals. To this cause we owe it that these two emotions are so powerfully and deeply rooted in the whole zoölogical series to which we belong. But anger and fear are not less fundamental in the sexual life. Courtship on the male's part is largely a display of combativity, and even the very gestures by which the male seeks to appeal to the female are often those gestures of angry hostility by which he seeks to intimidate enemies. On the female's part courtship is a skillful manipulation of her own fears, and, as we have seen elsewhere, when studying the phenomena of modesty, that fundamental attitude of the female in courtship is nothing but an agglomeration of fears.

The biological significance of the emotions is now well recognized. "In general," remarks one of the shrewdest writers on animal psychology, "we may say that emotional states are, under natural conditions, closely associated with behavior of biological value—with tendencies that are beneficial in self-preservation and race preservation—with actions that promote survival, and especially with the behavior which clusters round the pairing and parental instincts. The value of the emotions in animals is that they are an indirect means of furthering survival." (Lloyd Morgan, *Animal Behavior*, p. 293.) Emotional aptitudes persist not only by virtue of the fact that they are still beneficial, but because they once were; that is to say, they may exist as survivals. In this connection I may quote from a suggestive paper on "Teasing and Bullying," by F. L. Burk; at the conclusion of this study,

which is founded on a large body of data concerning American children, the author asks: "Accepting for the moment the theories of Spencer and Ribot upon the transmission of rudimentary instincts, is it possible that the movements which comprise the chief elements of bullying, teasing, and the egotistic impulses in general of the classes cited—pursuing, throwing down, punching, striking, throwing missiles, etc.—are, from the standpoint of consciousness, broken neurological fragments, which are parts of old chains of activity involved in the pursuit, combat, capture, torture, and killing of men and enemies? . . . Is not this hypothesis of transmitted fragments of instincts in accord with the strangely anomalous fact that children are at one moment seemingly cruel and at the next affectionate and kind, vibrating, as it were, between two worlds, egotistic and altruistic, without conscious sense of incongruity?" (F. L. Burk, "Teasing and Bullying," *Pedagogical Seminary*, April, 1897.)

The primitive connection of the special emotions of anger and fear with the sexual impulse has been well expressed by Colin Scott in his remarkable study of "Sex and Art": "If the higher forms of courting are based on combat, among the males at least anger must be intimately associated with love. And below both of these lies the possibility of fear. In combat the animal is defeated who is first, afraid. Competitive exhibition of prowess will inspire the less able birds with a deterring fear. Young grouse and woodcock do not enter the lists with the older birds, and sing very quietly. It is the same with the very oldest birds. Audubon says that the old maids and bachelors of the Canada goose move off by themselves during the courting of the younger birds. In order to succeed in love, fear must be overcome in the male as well as in the female. Courage is the essential male virtue, love is its outcome and reward. The strutting, crowing, dancing, and singing of male birds and the preliminary movements generally of animals must gorge the neuromotor and muscular systems with blood and put them in better fighting trim. The effects of this upon the feelings of the animal himself must be very great. Hereditary tendencies swell his heart. He has 'the joy that warriors feel.' He becomes regardless of danger, and sometimes almost oblivious of his surroundings. This intense passionateness must react powerfully on the whole system, and more particularly on those parts which are capable, such as the brain, of using up a great surplus of blood, and on the naturally erethic functions of sex. The flood of anger or fighting instinct is drained off by the sexual desires, the antipathy of the female is overcome, and sexual union successfully ensues. . . . Courting and combat shade into one another, courting tending to take the place of the more basal form of combat. The passions which thus come to be associated with love are

those of fear and anger, both of which, by arousing the whole nature and stimulating the nutritive sources from which they flow, come to increase the force of the sexual passion to which they lead up and in which they culminate and are absorbed." (Colin Scott, "Sex and Art," *American Journal of Psychology*, vol. vii, No. 2, pp. 170 and 215.)

It must be remembered that fear is an element liable to arise in all courtship on one side or the other. It is usually on the side of the female, but not invariably. Among spiders, for instance, it is usually the male who feels fear, and very reasonably, for he is much weaker than the female. "Courtship by the male spider," says T. H. Montgomery ("The Courtship of Araneads," *American Naturalist*, March, 1910, p. 166), "results from a combination of the state of desire for and fear of the female." It is by his movements of fear that he advertises himself to the female as a male, and it is by the same movements that he is unconsciously impelled to display prominently his own ornamentation.

We are thus brought to those essential facts of primitive courtship with which we started. But we are now able to understand more clearly how it is that alien emotional states became abnormally associated with the sexual life. Normally the sexual impulse is sufficiently reinforced by the ordinary active energies of the organism which courtship itself arouses, energies which, while they may be ultimately in part founded on anger and fear, rarely allow these emotions to be otherwise than latent. Motion, it may be said, is more prominent than emotion.

Even normally a stimulant to emotional activities is pleasurable, just as motion itself is pleasurable. It may even be useful, as was noted long ago by Erasmus Darwin; he tells of a friend of his who, when painfully fatigued by riding, would call up ideas arousing indignation, and thus relieve the fatigue, the indignation, as Darwin pointed out, increasing muscular activity.¹

It is owing to this stimulating action that discomfort, even pain, may be welcomed on account of the emotional waves they call up, because they "lash into movement the dreary calm of the sea's soul," and produce that alternation of pain and

¹ Erasmus Darwin, *Zoönomia*, vol. i, p. 496.

enjoyment for which Faust longed. Groos, who recalls this passage in his very thorough and profound discussion of the region wherein tragedy has its psychological roots, points out that it is the overwhelming might of the storm itself, and not the peace of calm after the storm, which appeals to us. In the same way, he observes, even surprise and shock may also be pleasurable, and fear, though the most depressing of emotional states, by virtue of the joy produced by strong stimuli is felt as attractive; we not only experience an impulse of pleasure in dominating our environment, but also have pleasure in being dominated and rendered helpless by a higher power.¹ Hirn, again, in his work on the origins of art, has an interesting chapter on "The Enjoyment of Pain," a phenomenon which he explains by its resultant reactions in increase of outward activity, of motor excitement. Anger, he observes elsewhere, is "in its active stage a decidedly pleasurable emotion. Fear, which in its initial stage is paralyzing and depressing, often changes in time when the first shock has been relieved by motor reaction. . . . Anger, fear, sorrow, notwithstanding their distinctly painful initial stage, are often not only not avoided, but even deliberately sought."²

In the ordinary healthy organism, however, although the stimulants of strong emotion may be vaguely pleasurable, they do not have more than a general action on the sexual sphere, nor are they required for the due action of the sexual mechanism. But in a slightly abnormal organism—whether the anomaly is due to a congenital neuropathic condition, or to a possibly acquired neurasthenic condition, or merely to the physiological inadequacy of childhood or old age—the balance

¹ K. Groos, *Spiele der Menschen*, pp. 200-210.

² Hirn, *Origins of Art*, p. 54. Reference may here perhaps be made to the fact that unpleasant memories persist in women more than in men (*American Journal of Psychology*, 1899, p. 244). This had already been pointed out by Coleridge. "It is a remark that I have made many times," we find it said in one of his fragments (*Anima Poetae*, p. 89), "and many times, I guess, shall repeat, that women are infinitely fonder of clinging to and beating about, hanging upon and keeping up, and reluctantly letting fall any doleful or painful or unpleasant subject, than men of the same class and rank."

of nervous energy is less favorable for the adequate play of the ordinary energies in courtship. The sexual impulse is itself usually weaker, even when, as often happens, its irritability assumes the fallacious appearance of strength. It has become unusually sensitive to unusual stimuli and also, it is possible,—perhaps as a result of those conditions,—more liable to atavistic manifestations. An organism in this state becomes peculiarly apt to seize on the automatic sources of energy generated by emotion. The parched sexual instinct greedily drinks up and absorbs the force it obtains by applying abnormal stimuli to its emotional apparatus. It becomes largely, if not solely, dependent on the energy thus secured. The abnormal organism in this respect may become as dependent on anger or fear, and for the same reason, as in other respects it may become dependent on alcohol.

We see the process very well illustrated by the occasional action of the emotion of anger. In animals the connection between love and anger is so close that even normally, as Groos points out, in some birds the sight of an enemy may call out the gestures of courtship.¹ As Krafft-Ebing remarks, both love and anger “seek their object, try to possess themselves of it, and naturally exhaust themselves in a physical effect on it; both throw the psychomotor sphere into the most intense excitement, and by means of this excitement reach their normal expression.”² Féré has well remarked that the impatience of desire may itself be regarded as a true state of anger, and Stanley Hall, in his admirable study of anger, notes that “erethism of the breasts or sexual parts” was among the physical manifestations of anger occurring in some of his cases, and in one case a seminal emission accompanied every violent outburst.³ Thus it is that anger may be used to reinforce a

¹ Groos, *Spiele der Thiere*, p. 251. Maeder (*Jahrbuch für Psychoanalytische Forschungen*, 1909, vol. i, p. 149) mentions an epileptic girl of 22 who masturbates when she is in a rage with anyone.

² Krafft-Ebing, *Psychopathia Sexualis*, English translation of tenth edition, p. 78.

³ Stanley Hall, “A Study of Anger,” *American Journal of Psychology*, July, 1899, p. 549.

weak sexual impulse, and cases have been recorded in which coitus could only be performed when the man had succeeded in working himself up into an artificial state of anger.¹ On the other hand, Féré has recorded a case in which the sexual excitement accompanying delayed orgasm was always transformed into anger, though without any true sadistic manifestations.²

As a not unexpected complementary phenomenon to this connection of anger and sexual emotion in the male, it is sometimes found that the spectacle of masculine anger excites pleasurable emotion in women. The case has been recorded of a woman who delighted in arousing anger for the pleasure it gave her, and who advised another woman to follow her example and excite her husband's anger, as nothing was so enjoyable as to see a man in a fury of rage³; Lombroso mentions a woman who was mostly frigid, but experienced sexual feelings when she heard anyone swearing; and a medical friend tells me of a lady considerably past middle age who experienced sexual erethism after listening to a heated argument between her husband and a friend on religious topics. The case has also been recorded of a masochistic man who found sexual satisfaction in masturbating while a woman, by his instructions, addressed him in the lowest possible terms of abuse.⁴ Such a feeling doubtless underlies that delight in teasing men which is so common among young women. Stanley Hall, referring to the almost morbid dread of witnessing manifestations of anger felt by many women, remarks: "In animals, females are often described as watching with complacency the conflict of rival males for their possession, and it seems probable that the

¹ Krafft-Ebing refers to such a case as recorded by Schulz, *Psychopathia Sexualis*, p. 78.

² Féré, *L'Instinct sexuel*, p. 213.

³ C. F. von Schlichtegroll, *Sacher-Masoch und der Masochismus*, p. 31.

⁴ *Archivio di Psichiatria*, vol. xv, p. 120. Mention may also be made of the cases (described as hysterical mixoscopia by Kiernan, *Alienist and Neurologist*, May, 1903) in which young women address to themselves anonymous letters of an abusive and disgusting character, and show them to others.

intense horror of this state, which many females report, is associated more or less unconsciously with the sexual rage which has followed it."¹ The dread may well be felt at least as much as regards the emotional state in themselves as in the males.

Even when the emotion aroused is disgust it may still act as a sexual stimulant. Stecherbak has narrated the instructive case of a very intelligent and elegant married lady of rather delicate constitution, an artist of some talent, who never experienced any pleasure in sexual intercourse, but ever since sexual feelings first began to be manifested at all (at the age of 18) has only experienced them in relation to disgusting things. Anything that is repulsive, like vomit, etc., causes vague but pleasurable feelings which she gradually came to recognize as sexual. The sight of a crushed frog will cause very definite sexual sensations. She has had many admirers and she has observed that a declaration of love by a disagreeable or even repulsive man sexually excites her, though she has no desire for sexual intercourse with him.²

After all that has gone before it is easy to see how the emotion of fear may act in an analogous manner to anger. Just as anger may reinforce the active forms of the sexual impulse to which it is allied, so fear may reinforce the passive forms of that impulse. The following observations, written by a lady, very well show how we may thus explain the sexual attractiveness of whipping: "The fascination of whipping, which has always greatly puzzled me, seems to be a sort of hankering after the stimulus of fear. In a wild state animals live in constant fear. In civilized life one but rarely feels it. A woman's pleasure in being afraid of a husband or lover may be an equivalent of a man's love of adventure; and the fear of children for their parents may be the dawning of the love of adventure. In a woman this desire of adventure receives a serious check when she begins to realize what she might be

¹ Stanley Hall, *loc. cit.*, p. 587.

² *Archives de Neurologie*, Oct., 1907.

subjected to by a man if she gratified it. Excessive fear is demoralizing, but it seems to me that the idea of being whipped gives a sense of fear which is not excessive. It is almost the only kind of pain (physical) which is inflicted on children or women by persons whom they can love and trust, and with a moral object. Any other kind of bodily ill treatment suggests malignity and may rouse resentment, and, in extreme cases, an excess of fear which goes beyond the limits of pleasurable excitement. Given a hereditary feeling of this sort, I think it is helped by the want of actual experience, as the association with excitement is freed from the idea of pain as such." In his very valuable and suggestive study of fears, Stanley Hall, while recognizing the evil of excessive fear, has emphasized the emotional and even the intellectual benefits of fear, and the great part played by fear in the evolution of the race as "the rudimentary organ on the full development and subsequent reduction of which many of the best things in the soul are dependent." "Fears that paralyze some brains," he remarks, "are a good tonic for others. In some form and degree all need it always. Without the fear apparatus in us, what a wealth of motive would be lost!"¹

It is on the basis of this tonic influence of fear that in some morbidly sensitive natures fear acts as a sexual stimulant. Cullerre has brought together a number of cases in both men and women, mostly neurasthenic, in which fits of extreme anxiety and dread, sometimes of a religious character and often in highly moral people, terminate in spontaneous orgasm or in masturbation.²

Professor Gurlitt mentions that his first full sexual emission took place in class at school, when he was absorbed in writing out the life of Aristides and very anxious lest he should not be able to complete it within the set time.³

¹ G. Stanley Hall, "A Study of Fears," *American Journal of Psychology*, vol. viii, No. 2.

² A. Cullerre, "De l'Excitation Sexuelle dans les Psychopathies Anxieuses," *Archives de Neurologie*, Feb., 1905.

³ L. Gurlitt (*Die Neue Generation*, July, 1909). Moll (*Sexualleben des Kindes*, p. 84) also give examples of the connection between

Dread and anxiety not only excite sexual emotion, but in the more extreme morbid cases they may suppress and replace it. Terror, say Fliess, is transmuted coitus, and Freud believes that the neurosis of anxiety always has a sexual cause, while Ballet, Capgras, Löwenfeld, and others, though not regarding a sexual traumatism as the only cause, still regard it as frequent.

It is worthy of note that not only fear, but even so depressing an emotion as grief, may act as a sexual stimulant, more especially in women. This fact is not sufficiently recognized, though probably everyone can recall instances from his personal knowledge, such cases being generally regarded as inexplicable. It is, however, not more surprising that grief should be transformed into sexual emotion than that (as in a case recorded by Stanley Hall) it should manifest itself as anger. In any case we have to bear in mind the frequency of this psychological transformation in the presence of cases which might otherwise seem to call for a cynical interpretation.

The case has been recorded of an English lady of good social position who fell in love with an undertaker at her father's funeral and insisted on marrying him. It is known that some men have been so abnormally excited by the funeral trappings of death that only in such surroundings have they been able to effect coitus. A case has been recorded of a physician of unimpeachable morality who was unable to attend funerals, even of his own relatives, on account of the sexual excitement thus aroused. Funerals, tragedies at the theater, pictures of martyrdom, scenes of execution, and trials at the law-courts have been grouped together as arousing pleasure in many people, especially women. (C. F. von Schlichtegroll, *Sacher-Masoch und der Masochismus*, pp. 30-31.) Wakes and similar festivals may here find their psychological basis, and funerals are an unquestionable source of enjoyment among some people, especially of so-called "Celtic" race. The stimulating reaction after funerals is well known to many, and Leigh Hunt refers to this (in his *Autobiography*) as affecting the sincerely devoted friends who had just cremated Shelley.

anxiety and sexual excitement. Freud (*Der Wahn und die Träume in Jensen's Gradiva*, p. 52) considers that in dream-interpretation we may replace "terror" by "sexual excitement." In noting the general sexual effects of fear, we need not strictly separate the group of cases in which the sexual effects are physical only, and fail to be circuited through the brain.

It may well be, as Kiernan has argued (*Alienist and Neurologist*, 1891; *ibid.*, 1902, p. 263), that in the disturbance of emotional balance caused by grief the primitive instincts become peculiarly apt to respond to stimulus, and that in the aboulia of grief the mind is specially liable to become the prey to obsessions.

"When my child died at the age of 6 months," a correspondent writes, "I had a violent paroxysm of weeping and for some days I could not eat. When I kissed the dead boy for the last time (I had never seen a corpse before) I felt I had reached the depths of misery and could never smile or have any deep emotions again. Yet that night, though my thoughts had not strayed to sexual subjects since the child's death, I had a violent erection. I felt ashamed to desire carnal things when my dead child was still in the house, and explained to my wife. She was sympathetic, for her idea was that our common grief had intensified my love for her. I feel convinced, however, that my desire was the result of a stimulus propagated to the sexual centers from the centers affected by my grief, the transference of my emotion from one set of nerves to another. I do not perhaps express my meaning clearly."

How far the emotional influence of grief entered into the following episode it is impossible to say, for here it is probable that we are mainly concerned with one of those almost irresistible impulses by which adolescent girls are sometimes overcome. The narrative is from the lips of a reliable witness, a railway guard, who, some thirty years ago, when a youth of 18, in Cornwall, lodged with a man and woman who had a daughter of his own age. Some months later, when requiring a night's lodging, he called at the house, and was greeted warmly by the woman, who told him her husband had just died and that she and her daughter were very nervous and would be glad if he would stay the night, but that as the corpse occupied the other bedroom he would have to share their bed ("We don't think very much of that among us," my informant added). He agreed, and went to bed, and when, a little later, the two women also came to bed, the girl, at her own suggestion, lay next to the youth. Nothing happened during the night, but in the morning, when the mother went down to light the fire, the daughter immediately threw off the bedclothes, exposing her naked person, and before the youth had realized what was happening she had drawn him over on to her. He was so utterly surprised that nothing whatever happened, but the incident made a life-long impression on him.

In this connection reference may be made to the story of the Ephesian matron in Petronius; the story of the widow, overcome by grief, who watches by her husband's tomb, and very speedily falls into the arms of the soldier who is on guard. This story, in very various

forms, is found in China and India, and has occurred repeatedly in European literature during the last two thousand years. The history of the wanderings of this story has been told by Grisebach (Eduard Grisebach, *Die Treulose Witwe*, third edition, 1877). It is not probable, however, that all the stories of this type are actually related; in any case it would seem that their vitality is due to the fact that they have been found to show a real correspondence to life; one may note, for instance, the curious tone of personal emotion with which George Chapman treated this theme in his play, *Widow's Tears*.

It may be added that, in explaining the resort to pain as an emotional stimulus, we have to take into account not only the biological and psychological considerations here brought forward, but also the abnormal physiological conditions under which stimuli usually felt as painful come specially to possess a sexually exciting influence. The neurasthenic and neuropathic states may be regarded as conditions of more or less permanent fatigue. It is true that under the conditions we are considering there may be an extreme sensitiveness to stimuli not usually felt as of sexual character, a kind of hyperesthesia; but hyperesthesia, it has well been said, is nothing but the beginning of anesthesia.¹ Sergeant Bertrand, the classical example of necrophily,² began to masturbate at the age of 9, stimulating a sexual impulse which may have been congenitally feeble by accompanying thoughts of ill-treating women. It was not till subsequently that he began to imagine that the women were corpses. The sadistic thoughts were only incidents in the emotional evolution, and the real object throughout was to procure strong emotion and not to inflict cruelty. Some observations of Féré's as to the conditions which influence the amount of muscular work accomplished with the ergograph are instructive from the present point of view: "Although sensibility diminishes in the course of fatigue," Féré found that "there are periods during which the excitability increases before it disappears. As fatigue increases, the perception of the inter-

¹ See the article on "Neurasthenia" by Rudolf Arndt in Tuke's *Dictionary of Psychological Medicine*.

² Lunier, *Annales Médico-psychologiques*, 1849, p. 153.

current excitation is retarded; an odor is perceived as exciting before it is perceived as a differentiated sensation; the most fetid odors arouse feelings of well-being before being perceived as odors, and their painful quality only appears afterward, or is not noticed at all." And after recording a series of results with the ergograph obtained under the stimulus of unpleasant odors he remarks: "We are thus struck by two facts: the diminution of work during painful excitation, and its increase when the excitation has ceased. When the effects following the excitation have disappeared the diminution is more rapid than in the ordinary state. When the fatigue is manifested by a notable diminution, if the same excitation is brought into action again, no diminution is produced, but a more or less durable increase, exactly as though there had been an agreeable excitation. Moreover, the stimulus which appears painful in a state of repose loses that painful character either partially or completely when acting on the same subject in a more and more fatigued state." Féré defines a painful stimulus as a strong excitation which causes displays of energy which the will cannot utilize; when, as a result of diminished sensibility, the excitants are attenuated, the will can utilize them, and so there is no pain.¹ These experiments had no reference to the sexual instinct, but it will be seen at once that they have an extremely significant bearing on the subject before us, for they show us the mechanism of the process by which in an abnormal organism pain becomes a sexual stimulant.

¹ Féré, *Comptes-rendus de la Société de Biologie*, December 15 and 22, 1900; *id.*, *Année Psychologique*, seventh year, 1901, pp. 82-129; more especially the same author's *Travail et Plaisir*, 1904.

VII.

Summary of Results Reached—The Joy of Emotional Expansion—The Satisfaction of the Craving for Power—The Influence of Neurasthenic and Neuropathic Conditions—The Problem of Pain in Love Largely Constitutes a Special Case of Erotic Symbolism.

It may seem to some that in our discussion of the relationships of love and pain we have covered a very wide field. This was inevitable. The subject is peculiarly difficult and complex, and if we are to gain a real insight into its nature we must not attempt to force the facts to fit into any narrow and artificial formulas of our own construction. Yet, as we have unraveled this seemingly confused mass of phenomena it will not have escaped the careful reader that the apparently diverse threads we have disentangled run in a parallel and uniform manner; they all have a like source and they all converge to a like result. We have seen that the starting-point of the whole group of manifestations must be found in the essential facts of courtship among animal and primitive human societies. Pain is seldom very far from some of the phases of primitive courtship; but it is not the pain which is the essential element in courtship, it is the state of intense emotion, of tumescence, with which at any moment, in some shape or another, pain may, in some way or another, be brought into connection. So that we have come to see that in the phrase "love and pain" we have to understand by "pain" a state of intense emotional excitement with which pain in the stricter sense may be associated, but is by no means necessarily associated. It is the strong emotion which exerts the irresistible fascination in the lover, in his partner, or in both. The pain is merely the means to that end. It is the lever which is employed to bring the emotional force to bear on the sexual

impulse. The question of love and pain is mainly a question of emotional dynamics.

In attaining this view of our subject we have learned that any impulse of true cruelty is almost outside the field altogether. The mistake was indeed obvious and inevitable. Let us suppose that every musical instrument is sensitive and that every musical performance involves the infliction of pain on the instrument. It would then be very difficult indeed to realize that the pleasure of music lies by no means in the infliction of pain. We should certainly find would-be scientific and analytical people ready to declare that the pleasure of music is the pleasure of giving pain, and that the emotional effects of music are due to the pain thus inflicted. In *algolagnia*, as in music, it is not cruelty that is sought; it is the joy of being plunged among the waves of that great primitive ocean of emotions which underlies the variegated world of our everyday lives, and pain—a pain which, as we have seen, is often deprived so far as possible of cruelty, though sometimes by very thin and feeble devices—is merely the channel by which that ocean is reached.

If we try to carry our inquiry beyond the point we have been content to reach, and ask ourselves why this emotional intoxication exerts so irresistible a fascination, we might find a final reply in the explanation of Nietzsche—who regarded this kind of intoxication as of great significance both in life and in art—that it gives us the consciousness of energy and the satisfaction of our craving for power.¹ To carry the inquiry to this point would be, however, to take it into a somewhat speculative and metaphysical region, and we have perhaps done well not to attempt to analyze further the joy of emotional expansion. We must be content to regard the profound satis-

¹ See, for instance, the section "Zur Physiologie der Kunst" in Nietzsche's fragmentary work, *Der Wille zur Macht*, Werke, Bd. xv. Groos (*Spiele der Menschen*, p. 89) refers to the significance of the fact that nearly all races have special methods of procuring intoxication. Cf. Partridge's study of the psychology of alcohol (*American Journal of Psychology*, April, 1900). "It is hard to imagine," this writer remarks of intoxicants, "what the religious or social consciousness of primitive man would have been without them."

faction of emotion as due to a widespread motor excitement, the elements of which we cannot yet completely analyze.¹

It is because the joy of emotional intoxication is the end really sought that we have to regard the supposed opposition between "sadism" and "masochism" as unimportant and indeed misleading. The emotional value of pain is equally great whether the pain is inflicted, suffered, witnessed, or merely exists as a mental imagination, and there is no reason why it should not coexist in all these forms in the same person, as, in fact, we frequently find it.

The particular emotions which are invoked by pain to reinforce the sexual impulse are more especially anger and fear, and, as we have seen, these two very powerful and primitive emotions are—on the active and passive sides, respectively—the emotions most constantly brought into play in animal and early human courtship; so that they naturally constitute the emotional reservoirs from which the sexual impulse may still most easily draw. It is not difficult to show that the various forms in which "pain"—as we must here understand pain—is employed in the service of the sexual impulse are mainly manifestations or transformations of anger or fear, either in their simple or usually more complex forms, in some of which anger and fear may be mingled.

We thus accept the biological origin of the psychological association between love and pain; it is traceable to the phenomena of animal courtship. We do not on this account exclude the more direct physiological factor. It may seem surprising that manifestations that have their origin in primeval

¹ The muscular element is the most conspicuous in emotion, though it is not possible, as a careful student of the emotions (H. R. Marshall, *Pain, Pleasure, and Aesthetics*, p. 84) well points out, "to limit the physical activities involved with the emotions to such effects of voluntary innervation or alteration of size of blood-vessels or spasm of organic muscle, as Lange seems to think determines them; nor to increase or decrease of muscle-power, as Féré's results might suggest; nor to such changes, in relation of size of capillaries, in voluntary innervation, in respiratory and heart functioning, as Lehmann has observed. . . . Emotions seem to me to be coincidents of reactions of the whole organism tending to certain results."

forms of courtship should in many cases coincide with actual sensations of definite anatomical base today, and still more surprising that these traditional manifestations and actual sensations should so often be complementary to each other in their active and passive aspects: that is to say, that the pleasure of whipping should be matched by the pleasure of being whipped, the pleasure of mock strangling by the pleasure of being so strangled, that pain inflicted is not more desirable than pain suffered. But such coincidence is of the very essence of the whole group of phenomena. The manifestations of courtship were from the first conditioned by physiological facts; it is not strange that they should always tend to run *pari passu* with physiological facts. The manifestations which failed to find anchorage in physiological relationships might well tend to die out. Even under the most normal circumstances, in healthy persons of healthy heredity, the manifestations we have been considering are liable to make themselves felt. Under such circumstances, however, they never become of the first importance in the sexual process; they are often little more than play. It is only under neurasthenic or neuropathic conditions—that is to say, in an organism which from acquired or congenital causes, and usually perhaps both, has become enfeebled, irritable, “fatigued”—that these manifestations are liable to flourish vigorously, to come to the forefront of sexual consciousness, and even to attain such seriously urgent importance that they may in themselves constitute the entire end and aim of sexual desire. Under these pathological conditions, pain, in the broad and special sense in which we have been obliged to define it, becomes a welcome tonic and a more or less indispensable stimulant to the sexual system.

It will not have escaped the careful reader that in following out our subject we have sometimes been brought into contact with manifestations which scarcely seem to come within any definition of pain. This is undoubtedly so, and the references to these manifestations were not accidental, for they serve to indicate the real bearings of our subject. The rela-

tionships of love and pain constitute a subject at once of so much gravity and so much psychological significance that it was well to devote to them a special study. But pain, as we have here to understand it, largely constitutes a special case of what we shall later learn to know as erotic symbolism: that is to say, the psychic condition in which a part of the sexual process, a single idea or group of ideas, tends to assume unusual importance, or even to occupy the whole field of sexual consciousness, the part becoming a symbol that stands for the whole. When we come to the discussion of this great group of abnormal sexual manifestations it will frequently be necessary to refer to the results we have reached in studying the sexual significance of pain.

THE SEXUAL IMPULSE IN WOMEN.

A SPECIAL and detailed study of the normal characters of the sexual impulse in men seems unnecessary. I have elsewhere discussed various aspects of the male sexual impulse, and others remain for later discussion. But to deal with it broadly as a whole seems unnecessary, if only because it is predominantly open and aggressive. Moreover, since the constitution of society has largely been in the hands of men, the nature of the sexual impulse in men has largely been expressed in the written and unwritten codes of social law. The sexual instinct in women is much more elusive. This, indeed, is involved at the outset in the organic psychological play of male and female, manifesting itself in the phenomena of modesty and courting. The same elusiveness, the same mocking mystery, meet us throughout when we seek to investigate the manifestations of the sexual impulse in women. Nor is it easy to find any full and authentic record of a social state clearly founded in sexual matters on the demands of woman's nature.

An illustration of our ignorance and bias in these matters is furnished by the relationship of marriage, celibacy, and divorce to suicide in the two sexes. There can be no doubt that the sexual emotions of women have a profound influence in determining suicide. This is indicated, among other facts, by a comparison of the suicide-rate in the sexes according to age; while in men the frequency of suicide increases progressively throughout life, in women there is an arrest after the age of 30; that is to say, when the period of most intense sexual emotion has been passed. This phenomenon is witnessed among peoples so unlike as the French, the Prussians, and the Italians. Now, how do marriage and divorce affect the sexual liability to suicide? We are always accustomed to say that marriage protects women, and it is even asserted that men have self-sacrificingly maintained the institution of marriage mainly for the benefit of women. Professor Durkheim, however, who has studied suicide elaborately from the sociological standpoint, so far as possible eliminating fallacies, has in recent years thrown considerable doubt on the current assumption. He shows that

if we take the tendency to suicide as a test, and eliminate the influence of children, who are an undoubted protection to women, it is not women, but men, who are protected by marriage, and that the protection of women from suicide increases regularly as divorces increase. After discussing these points exhaustively, "we reach a conclusion," he states, "considerably removed from the current view of marriage and the part it plays. It is regarded as having been instituted for the sake of the wife and to protect her weakness against masculine caprices. Monogamy, especially, is very often presented as a sacrifice of man's polygamous instincts, made in order to ameliorate the condition of woman in marriage. In reality, whatever may have been the historical causes which determined this restriction, it is man who has profited most. The liberty which he has thus renounced could only have been a source of torment to him. Woman had not the same reasons for abandoning freedom, and from this point of view we may say that in submitting to the same rule it is she who has made the sacrifice." (E. Durkheim, *Le Suicide*, 1897, pp. 186-214, 289-311.)

There is possibly some significance in the varying incidence of insanity in unmarried men and unmarried women as compared with the married. At Erlangen, for example, Hagen found that among insane women the preponderance of the single over the married is not nearly so great as among insane men, marriage appearing to exert a much more marked prophylactic influence in the case of men than of women. (F. W. Hagen, *Statistische Untersuchungen über Geisteskrankheiten*, 1876, p. 153.) The phenomena are here, however, highly complex, and, as Hagen himself points out, the prophylactic influence of marriage, while very probable, is not the only or even the chief factor at work.

It is worth noting that exactly the same sexual difference may be traced in England. It appears that, in ratio to similar groups in the general population (taking the years 1876-1900, inclusive), the number of admissions to asylums is the same for both sexes among married people (i.e., 8.5), but for the single it is larger among the men (4.8 to 4.5), as also it is among the widowed (17.9 to 13.9) (*Fifty-sixth Annual Report of the Commissioners in Lunacy, England and Wales*, 1902, p. 141). This would seem to indicate that when living apart from men the tendency to insanity is less in women, but is raised to the male level when the sexes live together in marriage.

Much the same seems to hold true of criminality. It was long since noted by Horsley that in England marriage decidedly increases the tendency to crime in women, though it decidedly decreases it in men. Prinzing has shown (*Zeitschrift für Sozialwissenschaft*, Bd. ii, 1899) that this is also the case in Germany.

Similarly marriage decreases the tendency of men to become habitual drunkards and increases that of women. Notwithstanding the fact that the average age of the men is greater than that of the women, the majority of the men admitted to the inebriate reformatories under the English Inebriates Acts are single; the majority of the women are married; of 865 women so admitted 32 per cent. were single, 50 per cent. married, and 18 per cent. widows. (*British Medical Journal*, Sept. 2, 1911, p. 518.)

It thus happens that even the elementary characters of the sexual impulse in women still arouse, even among the most competent physiological and medical authorities,—not least so when they are themselves women,—the most divergent opinions. Its very existence even may be said to be questioned. It would generally be agreed that among men the strength of the sexual impulse varies within a considerable range, but that it is very rarely altogether absent, such total absence being abnormal and probably more or less pathological. But if applied to women, this statement is by no means always accepted. By many, sexual anesthesia is considered natural in women, some even declaring that any other opinion would be degrading to women; even by those who do not hold this opinion it is believed that there is an unnatural prevalence of sexual frigidity among civilized women. On these grounds it is desirable to deal generally with this and other elementary questions of allied character.

I.

The Primitive View of Women—As a Supernatural Element in Life—As Peculiarly Embodying the Sexual Instinct—The Modern Tendency to Underestimate the Sexual Impulse in Women—This Tendency Confined to Recent Times—Sexual Anesthesia—Its Prevalence—Difficulties in Investigating the Subject—Some Attempts to Investigate it—Sexual Anesthesia must be Regarded as Abnormal—The Tendency to Spontaneous Manifestations of the Sexual Impulse in Young Girls at Puberty.

FROM very early times it seems possible to trace two streams of opinion regarding women: on the one hand, a tendency to regard women as a supernatural element in life, more or less superior to men, and, on the other hand, a tendency to regard women as especially embodying the sexual instinct and as peculiarly prone to exhibit its manifestations.

In the most primitive societies, indeed, the two views seem to be to some extent amalgamated; or, it should rather be said, they have not yet been differentiated; and, as in such societies it is usual to venerate the generative principle of nature and its embodiments in the human body and in human functions, such a co-ordination of ideas is entirely rational. But with the development of culture the tendency is for this homogeneous conception to be split up into two inharmonious tendencies. Even apart from Christianity and before its advent this may be noted. It was, however, to Christianity and the Christian ascetic spirit that we owe the complete differentiation and extreme development which these opposing views have reached. The condemnation of sexuality involved the glorification of the virgin; and indifference, even contempt, was felt for the woman who exercised sexual functions. It remained open to anyone, according to his own temperament, to identify the typical average woman with the one or with the other type; all the fund of latent sexual emotion which no ascetic rule can crush out of the human heart assured the

picturesque idealization alike of the angelic and the diabolic types of woman. We may trace the same influence subtly lurking even in the most would-be scientific statements of anthropologists and physicians today.¹

It may not be out of place to recall at this point, once more, the fact, fairly obvious indeed, that the judgments of men concerning women are very rarely matters of cold scientific observation, but are colored both by their own sexual emotions and by their own moral attitude toward the sexual impulse. The ascetic who is unsuccessfully warring with his own carnal impulses may (like the voluptuary) see nothing in women but incarnations of sexual impulse; the ascetic who has subdued his own carnal impulses may see no elements of sex in women at all. Thus the opinions regarding this matter are not only tinged by elements of primitive culture, but by elements of individual disposition. Statements about the sexual impulses of women often tell us less about women than about the persons who make them.

The curious manner in which for men women become incarnations of the sexual impulse is shown by the tendency of both general and personal names for women to become applicable to prostitutes only. This is the case with the words "garce" and "fille" in French, "Mädchen" and "Dirne" in German, as well as with the French "catin" (Catherine) and the German "Metze" (Mathilde). (See, e.g., R. Kleinpaul, *Die Räthsel der Sprache*, 1890, pp. 197-198.)

At the same time, though we have to recognize the presence of elements which color and distort in various ways the judgments of men regarding women, it must not be hastily assumed that these elements render discussion of the question altogether unprofitable. In most cases such prejudices lead chiefly to a one-sided solution of facts, against which we can guard.

While, however, these two opposing currents of opinion are of very ancient origin, it is only within quite recent times, and only in two or three countries, that they have led to any marked difference of opinion regarding the sexual aptitude of women. In ancient times men blamed women for concupiscence or praised them for chastity, but it seems to have been reserved for the nineteenth century to state that women are

¹I have had occasion to refer to the historic evolution of male opinion regarding women in previous volumes, as, e.g., *Man and Woman*, chapter i, and the appendix on "The Influence of Menstruation on the Position of Women" in the first volume of these *Studies*.

apt to be congenitally incapable of experiencing complete sexual satisfaction, and peculiarly liable to sexual anesthesia. This idea appears to have been almost unknown to the eighteenth century. During the last century, however, and more especially in England, Germany, and Italy, this opinion has been frequently set down, sometimes even as a matter of course, with a tincture of contempt or pity for any woman afflicted with sexual emotions.

In the treatise *On Generation* (chapter v), which until recent times was commonly ascribed to Hippocrates, it is stated that men have greater pleasure in coitus than women, though the pleasure of women lasts longer, and this opinion, though not usually accepted, was treated with great respect by medical authors down to the end of the seventeenth century. Thus A. Laurentius (Du Laurens), after a long discussion, decides that men have stronger sexual desire and greater pleasure in coitus than women. (*Historia Anatomica Humani Corporis*, 1599, lib. viii, quest. ii and vii.)

About half a century ago a book entitled *Functions and Disorders of the Reproductive Organs*, by W. Acton, a surgeon, passed through many editions and was popularly regarded as a standard authority on the subjects with which it deals. This extraordinary book is almost solely concerned with men; the author evidently regards the function of reproduction as almost exclusively appertaining to men. Women, if "well brought up," are, and should be, he states, in England, absolutely ignorant of all matters concerning it. "I should say," this author again remarks, "that the majority of women (happily for society) are not very much troubled with sexual feeling of any kind." The supposition that women do possess sexual feelings he considers "a vile aspersion."

In the article "Generation," contained in another medical work belonging to the middle of the nineteenth century,—Rees's *Cyclopaedia*,—we find the following statement: "That a mucous fluid is sometimes found in coition from the internal organs and vagina is undoubted; but this only happens in lascivious women, or such as live luxuriously."

Gall had stated decisively that the sexual desires of men are stronger and more imperious than those of women. (*Fonctions du Cerveau*, 1825, vol. iii, pp. 241-271.)

Raciborski declared that three-fourths of women merely endure the approaches of men. (*De la Puberté chez la Femme*, 1844, p. 486.)

"When the question is carefully inquired into and without prejudice," said Lawson Tait, "it is found that women have their sexual appetites far less developed than men." (Lawson Tait, "Remote Effects of Removal of the Uterine Appendages," *Provincial Medical Journal*, May, 1891.) "The sexual instinct is very powerful in man and com-

paratively weak in women," he stated elsewhere (*Diseases of Women*, 1889, p. 60).

Hammond stated that, leaving prostitutes out of consideration, it is doubtful if in one-tenth of the instances of intercourse they [women] experience the slightest pleasurable sensation from first to last (Hammond, *Sexual Impotence*, p. 300), and he considered (p. 281) that this condition was sometimes congenital.

Lombroso and Ferrero consider that sexual sensibility, as well as all other forms of sensibility, is less pronounced in women, and they bring forward various facts and opinions which seem to them to point in the same direction. "Woman is naturally and organically frigid." At the same time they consider that, while erethism is less, sexuality is greater than in men. (Lombroso and Ferrero, *La Donna Delinquente, la Prostituta, e la Donna Normale*, 1893, pp. 54-58.)

"It is an altogether false idea," Fehling declared, in his rectorial address at the University of Basel in 1891, "that a young woman has just as strong an impulse to the opposite sex as a young man. . . . The appearance of the sexual side in the love of a young girl is pathological." (H. Fehling, *Die Bestimmung der Frau*, 1892, p. 18.) In his *Lehrbuch der Frauenkrankheiten* the same gynecological authority states his belief that half of all women are not sexually excitable.

Krafft-Ebing was of opinion that women require less sexual satisfaction than men, being less sensual. (Krafft-Ebing, "Ueber Neurosen und Psychosen durch sexuelle Abstinenz," *Jahrbucher für Psychiatrie*, 1888, Bd. viii, ht. 1 and 2.)

"In the normal woman, especially of the higher social classes," states Windscheid, "the sexual instinct is acquired, not inborn; when it is inborn, or awakes by itself, there is abnormality. Since women do not know this instinct before marriage, they do not miss it when they have no occasion in life to learn it." (F. Windscheid, "Die Beziehungen zwischen Gynäkologie und Neurologie," *Zentralblatt für Gynäkologie*, 1896, No. 22; quoted by Moll, *Libido Sexualis*, Bd. i, p. 271.)

"The sensuality of men," Moll states, "is in my opinion very much greater than that of women." (A. Moll, *Die Konträre Sexualempfindung*, third edition, 1899, p. 592.)

"Women are, in general, less sensual than men," remarks Näcke, "notwithstanding the alleged greater nervous supply of their sexual organs." (P. Näcke, "Kritisches zum Kapitel der Sexualität," *Archiv für Psychiatrie*, 1899, p. 341.)

Löwenfeld states that in normal young girls the specifically sexual feelings are absolutely unknown; so that desire cannot exist in them. Putting aside the not inconsiderable proportion of women in whom this absence of desire may persist and be permanent, even after sexual re-

lationships have begun, thus constituting absolute frigidity, in a still larger number desire remains extremely moderate, constituting a state of relative frigidity. He adds that he cannot unconditionally support the view of Fürbringer, who is inclined to ascribe sexual coldness to the majority of German married women. (L. Löwenfeld, *Sexualleben und Nervenleiden*, 1899, second edition, p. 11.)

Adler, who discusses the question at some length, decides that the sexual needs of women are less than those of men, though in some cases the orgasm in quantity and quality greatly exceeds that of men. He believes, not only that the sexual impulse in women is absolutely less than in men, and requires stronger stimulation to arouse it, but that also it suffers from a latency due to inhibition, which acts like a foreign body in the brain (analogous to the psychic trauma of Breuer and Freud in hysteria), and demands great skill in the man who is to awaken the woman to love. (O. Adler, *Die Mangelhafte Geschlechts-empfindung des Weibes*, 1904, pp. 47, 126 *et seq.*; also enlarged second edition, 1911; *id.*, "Die Frigide Frau," *Sexual-Probleme*, Jan., 1912.)

It must not, however, be supposed that this view of the natural tendency of women to frigidity has everywhere found acceptance. It is not only an opinion of very recent growth, but is confined, on the whole, to a few countries.

"Turn to history," wrote Brierre de Boismont, "and on every page you will be able to recognize the predominance of erotic ideas in women." It is the same today, he adds, and he attributes it to the fact that men are more easily able to gratify their sexual impulses. (*Des Hallucinations*, 1862, p. 431.)

The laws of Manu attribute to women concupiscence and anger, the love of bed and of adornment.

The Jews attributed to women greater sexual desire than to men. This is illustrated, according to Knobel (as quoted by Dillmann), by *Genesis*, chapter iii, v. 16.

In Greek antiquity the romance and sentiment of love were mainly felt toward persons of the same sex, and were divorced from the more purely sexual feelings felt for persons of opposite sex. Theognis compared marriage to cattle-breeding. In love between men and women the latter were nearly always regarded as taking the more active part. In all Greek love-stories of early date the woman falls in love with the man, and never the reverse. Æschylus makes even a father assume that his daughters will misbehave if left to themselves. Euripides emphasized the importance of women; "The Euripidean woman who 'falls in love' thinks first of all: 'How can I seduce the man I love?'" (E. F. M.

Benecke, *Antimachus of Colophon and the Position of Women in Greek Poetry*, 1896, pp. 34, 54.)

The most famous passage in Latin literature as to the question of whether men or women obtain greater pleasure from sexual intercourse is that in which Ovid narrates the legend of Tiresias (*Metamorphoses*, iii, 317-333). Tiresias, having been both a man and a woman, decided in favor of women. This passage was frequently quoted down to the eighteenth century.

In a passage quoted from a lost work of Galen by the Arabian biographer, Abu-l-Faraj, that great physician says of the Christians "that they practice celibacy, that even many of their women do so." So that in Galen's opinion it was more difficult for a woman than for a man to be continent.

The same view is widely prevalent among Arabic authors, and there is an Arabic saying that "The longing of the woman for the penis is greater than that of the man for the vulva."

In China, remarks Dr. Coltman, "when an old gentleman of my acquaintance was visiting me my little daughter, 5 years old, ran into the room, and, climbing upon my knee, kissed me. My visitor expressed his surprise, and remarked: 'We never kiss our daughters when they are so large; we may when they are very small, but not after they are 3 years old,' said he, 'because it is apt to excite in them bad emotions.'" (Coltman, *The Chinese*, 1900, p. 99.)

The early Christian Fathers clearly show that they regard women as more inclined to sexual enjoyment than men. That was, for instance, the opinion of Tertullian (*De Virginibus Velandis*, chapter x), and it is clearly implied in some of St. Jerome's epistles.

Notwithstanding the influence of Christianity, among the vigorous barbarian races of medieval Europe, the existence of sexual appetite in women was not considered to be, as it later became, a matter to be concealed or denied. Thus in 1068 the ecclesiastical historian, Ordericus Vitalis (himself half Norman and half English), narrates that the wives of the Norman knights who had accompanied William the Conqueror to England two years earlier sent over to their husbands to say that they were consumed by the fierce flames of desire ("sæva libidinis face urebantur"), and that if their husbands failed to return very shortly they proposed to take other husbands. It is added that this threat brought a few husbands back to their wanton ladies ("lascivis dominabus suis").

During the medieval period in Europe, largely in consequence, no doubt, of the predominance of ascetic ideals set up by men who naturally regarded woman as the symbol of sex, the doctrine of the incontinence of woman became firmly fixed, and it is unnecessary and unprofitable to

quote examples. It is sufficient to mention the very comprehensive statement of Jean de Meung (in the *Roman de la Rose*, 9903):—

“Toutes estes, serés, ou fîtes
De fait ou de volonté putes.”

The satirical Jean de Meung was, however, a somewhat extreme and untypical representative of his age, and the fourteenth century Johannes de Sancto Amando (Jean de St. Amand) gives a somewhat more scientifically based opinion (quoted by Pagel, *Neue litterarische Beiträge zur Mittelalterlichen Medicin*, 1896, p. 30) that sexual desire is stronger in women than in men.

Humanism and the spread of the Renaissance movement brought in a spirit more sympathetic to women. Soon after, especially in Italy and France, we begin to find attempts at analyzing the sexual emotions, which are not always without a certain subtlety. In the seventeenth century a book of this kind was written by Venette. In matters of love, Venette declared, “men are but children compared to women. In these matters women have a more lively imagination, and they usually have more leisure to think of love. Women are much more lascivious and amorous than men.” This is the conclusion reached in a chapter devoted to the question whether men or women are the more amorous. In a subsequent chapter, dealing with the question whether men or women receive more pleasure from the sexual embrace, Venette concludes, after admitting the great difficulty of the question, that man's pleasure is greater, but woman's lasts longer. (N. Venette, *De la Génération de l'Homme ou Tableau de l'Amour Conjugal*, Amsterdam, 1688.)

At a much earlier date, however, Montaigne had discussed this matter with his usual wisdom, and, while pointing out that men have imposed their own rule of life on women and their own ideals, and have demanded from them opposite and contradictory virtues,—a statement not yet antiquated,—he argues that women are incomparably more apt and more ardent in love than men are, and that in this matter they always know far more than men can teach them, for “it is a discipline that is born in their veins.” (Montaigne, *Essais*, book iii, chapter v.)

The old physiologists generally mentioned the appearance of sexual desire in girls as one of the normal signs of puberty. This may be seen in the numerous quotations brought together by Schurig, in his *Parthenologia*, cap. ii.

A long succession of distinguished physicians throughout the seventeenth century discussed at more or less length the relative amount of sexual desire in men and women, and the relative degree of their pleasure in coitus. It is remarkable that, although they usually attach

great weight to the supposed opinion of Hippocrates in the opposite sense, most of them decide that both desire and pleasure are greater in women.

Plazzonus decides that women have more sources of pleasure in coitus than men because of the larger extent of surface excited; and if it were not so, he adds, women would not be induced to incur the pains and risks of pregnancy and childbirth. (Plazzonus, *De Partibus Generationi Inservientibus*, 1621, lib. ii, cap. xiii.)

"Without doubt," says Ferrand, "woman is more passionate than man, and more often torn by the evils of love." (Ferrand, *De la Maladie d'Amour*, 1623, chapter ii.)

Zacchia, mainly on *a priori* grounds, concludes that women have more pleasure in coitus than men. (Zacchia, *Quæstiones Medico-legales*, 1630, lib. iii, quest. vii.)

Sinibaldus, discussing whether men or women have more salacity, decides in favor of women. (J. B. Sinibaldus, *Geneanthropeia*, 1642, lib. ii, tract. ii, cap. v.)

Hornius believed that women have greater sexual pleasure than men, though he mainly supported his opinion by the authority of classical poets. (Hornius, *Historia Naturalis*, 1670, lib. iii, cap. i.)

Nenter describes what we may now call women's affectability, and considers that it makes them more prone than men to the sexual emotions, as is shown by the fact that, notwithstanding their modesty, they sometimes make sexual advances. This greater proneness of women to the sexual impulse is, he remarks, entirely natural and right, for the work of generation is mainly carried on by women, and love is its basis: "generationis fundamentum est amor." (G. P. Nenter, *Theoria Hominis Sani*, 1714, cap. v, memb. ii.)

The above opinions of seventeenth-century physicians are quoted from the original sources. Schurig, in his *Gynæcologia* (pp. 46-50 and 71-81), quotes a number of passages on this subject from medical authorities of the same period, on which I have not drawn.

Sénancour, in his fine and suggestive book on love, first published in 1806, asks: "Has sexual pleasure the same power on the sex which less loudly demands it? It has more, at all events in some respects. The very vigor and laboriousness of men may lead them to neglect love, but the constant cares of maternity make women feel how important it must ever be to them. We must remember also that in men the special emotions of love only have a single focus, while in women the organs of lactation are united to those of conception. Our feelings are all determined by these material causes." (Sénancour, *De l'Amour*, fourth edition, 1834, vol. i, p. 68.) A later psychologist of love, this time a woman, Ellen Key, states that woman's erotic demands,

though more silent than man's, are stronger. (Ellen Key, *Ueber Liebe und Ehe*, p. 138.)

Michael Ryan considered that sexual enjoyment "is more delicious and protracted" in women, and ascribed this to a more sensitive nervous system, a finer and more delicate skin, more acute feelings, and the fact that in women the mammæ are the seat of a vivid sensibility in sympathy with the uterus. (M. Ryan, *Philosophy of Marriage*, 1837, p. 153.)

Busch was inclined to think women have greater sexual pleasure than men. (D. W. H. Busch, *Das Geschlechtsleben des Weibes*, 1839, vol. i, p. 69.) Kobelt held that the anatomical conformation of the sexual organs in women led to the conclusion that this must be the case.

Gutteeit, speaking of his thirty years' medical experience in Russia, says: "In Russia at all events, a girl, as very many have acknowledged to me, cannot resist the ever stronger impulses of sex beyond the twenty-second or twenty-third year. And if she cannot do so in natural ways she adopts artificial ways. The belief that the feminine sex feels the stimulus of sex less than the male is quite false." (Gutteeit, *Dreissig Jahre Praxis*, 1873, theil i, p. 313.)

In Scandinavia, according to Vedeler, the sexual emotions are at least as strong in women as in men (Vedeler, "De Impotentia Feminarum," *Norsk Magazin for Lægevidenskaben*, March, 1894). In Sweden, Dr. Eklund, of Stockholm, remarking that from 25 to 33 per cent. of the births are illegitimate, adds: "We hardly ever hear anyone talk of a woman having been seduced, simply because the lust is at the worst in the woman, who, as a rule, is the seducing party." (Eklund, *Transactions of the American Association of Obstetricians*, Philadelphia, 1892, p. 307.)

On the opposite side of the Baltic, in the Königsberg district, the same observation has been made. Intercourse before marriage is the rule in most villages of this agricultural district, among the working classes, with or without intention of subsequent marriage; "the girls are often the seducing parties, or at least very willing; they seek to bind their lovers to them and compel them to marriage." In the Köslin district of Pomerania, where intercourse between the girls and youths is common, the girls come to the youths' rooms even more frequently than the youths to the girls'. In some of the Dantzic districts the girls give themselves to the youths, and even seduce them, sometimes, but not always, with a view of marriage. (Wittenberg, *Die geschlechtlichen Verhalten der Landbewohner im Deutschen Reiche*, 1897, Bd. i, pp. 47, 61, 83.)

Mantegazza devoted great attention to this point in several of the

works he published during fifty years, and was decidedly of the opinion that the sexual emotions are much stronger in women than in men, and that women have much more enjoyment in sexual intercourse. In his *Fisiologia del Piacere* he supports this view, and refers to the greater complexity of the genital apparatus in women (as well as its larger surface and more protected position), to what he considers to be the keener sensibility of women generally, to the passivity of women, etc.; and he considers that sexual pleasure is rendered more seductive to women by the mystery in which it is veiled for them by modesty and our social habits. In a more recent work (*Fisiologia della Donna*, cap. viii) Mantegazza returns to this subject, and remarks that long experience, while confirming his early opinion, has modified it to the extent that he now believes that, as compared with men, the sexual emotions of women vary within far wider limits. Among men few are quite insensitive to the physical pleasures of love, while, on the other hand, few are thrown by the violence of its emotional manifestations into a state of syncope or convulsions. Among women, while some are absolutely insensitive, others (as in cases with which he was acquainted) are so violently excited by the paradise of physical love that, after the sexual embrace, they faint or fall into a cataleptic condition for several hours.

"Physical sex is a larger factor in the life of the woman. . . . If this be true of the physical element, it is equally true of the mental element." (Dr. Elizabeth Blackwell, *The Human Element in Sex*, fifth edition, 1894, p. 47.)

"In the female sex," remarks Clouston, "reproduction is a more dominant function of the organism than in the male, and has far larger, if not more intense, relationships to feeling, judgment, and volition." (Clouston, *Neuroses of Development*, 1891.)

"It may be said," Marro states, "that in woman the visceral system reacts, if not with greater intensity, certainly in a more general manner, to all the impressions, having a sexual basis, which dominate the life of woman, if not as sexual emotions properly so called, as related emotions closely dependent on the reproductive instinct." (A. Marro, *La Pubertà*, 1898, p. 233.)

Forel also believed (*Die Sexuelle Frage*, p. 274) that women are more erotic than men.

The gynecologist Kisch states his belief that "The sexual impulse is so powerful in women that at certain periods of life its primitive force dominates her whole nature, and there can be no room left for reason to argue concerning reproduction; on the contrary, union is desired even in the presence of the fear of reproduction or when there can be no question of it." He regards absence of sexual feeling in women as patho-

logical. (Kisch, *Sterilität des Weibes*, second edition, pp. 205-206.) In his later work (*The Sexual Life of Woman*) Kisch again asserts that sexual impulse always exists in mature women (in the absence of organic sexual defect and cerebral disease), though it varies in strength and may be repressed. In adolescent girls, however, it is weaker than in youths of the same age. After she has had sexual experiences, Kisch maintains, a woman's sexual emotions are just as powerful as a man's, though she has more motives than a man for controlling them.

Eulenburg is of the same opinion as Kisch, and sharply criticises the loose assertion of some authorities who have expressed themselves in an opposite sense. (A. Eulenburg, *Sexuale Neuropathie*, pp. 88-90; the same author has dealt with the point in the *Zukunft*, December 2, 1893.)

Kossmann states that the opinion as to the widespread existence of frigidity among women is a fable. (Kossmann, *Allgemeine Gynäcologie*, 1903, p. 362.)

Bloch concludes that "in most cases the sexual coldness of women is in fact only apparent, either due to the concealment of glowing sexuality beneath the veil of outward reticence prescribed by conventional morality, or else to the husband who has not succeeded in arousing erotic sensations which are complicated and with difficulty awakened. . . . The sexual sensibility of women is certainly different from that of men, but in strength it is at least as great." (Iwan Bloch, *Das Sexualleben unserer Zeit*, 1907, ch. v.)

Nyström, also, after devoting a chapter to the discussion of the causes of sexual coldness in women, concludes: "My conviction, founded on experience, is, that only a small number of women would be without sexual feeling if sound views and teaching prevailed in respect to the sexual life, if due weight were given to inner devotion and tender caresses as the preliminaries of love in marriage, and if couples who wish to avoid pregnancy would adopt sensible preventive methods instead of *coitus interruptus*." (A. Nyström, *Das Geschlechtsleben und seine Gesetze*, eighth edition, 1907, p. 177.)

We thus find two opinions widely current: one, of world-wide existence and almost universally accepted in those ages and centers in which life is lived most nakedly, according to which the sexual impulse is stronger in women than in men; another, now widely prevalent in many countries, according to which the sexual instinct is distinctly weaker in women, if, indeed, it may not be regarded as normally absent altogether. A third view is possible: it may be held that there is no dif-

ference at all. This view, formerly not very widely held, is that of the French physiologist, Beaunis, as it is of Winckel; while Rohleder, who formerly held that sexual feeling tends to be defective in women, now believes that men and women are equal in sexual impulse.

At an earlier period, however, Donatus (*De Medica Historia Mirabili*, 1613, lib. iv, cap. xvii) held the same view, and remarked that sometimes men and sometimes women are the more salacious, varying with the individual. Roubaud (*De l'Impuissance*, 1855, p. 38) stated that the question is so difficult as to be insoluble.

In dealing with the characteristics of the sexual impulse in women, it will be seen, we have to consider the prevalence in them of what is commonly termed (in its slightest forms) frigidity or hyphedonia, and (in more complete form) sexual anesthesia or anaphrodisia, or erotic blindness, or anhedonia.¹

Many modern writers have referred to the prevalence of frigidity among women. Shufeldt believes (*Pacific Medical Journal*, Nov., 1907) that 75 per cent. of married women in New York are afflicted with sexual frigidity, and that it is on the increase; it is rare, however, he adds, among Jewish women. Hegar gives 50 per cent. as the proportion of sexually anesthetic women; Fürbringer says the majority of women are so. Effertz (quoted by Löwenfeld, *Sexualleben und Nervenleiden*, p. 11, apparently with approval) regards 10 per cent. among women generally as sexually anesthetic, but only 1 per cent. men. Moll states (Eulenburg's *Encyclopädie*, fourth edition, art. "Geschlechtstrieb") that the prevalence of sexual anesthesia among German women varies, according to different authorities, from 10 to 66 per cent. Elsewhere Moll (*Konträre Sexualempfindung*, third edition, 1890, p. 510) emphasizes the statement that "sexual anesthesia in women is much more frequent than is generally supposed." He explains that he is referring to the physical element of pleasure and satisfaction in intercourse, and of desire for intercourse. He adds that the psychic side of love is often more conspicuous in women than in men. He cannot agree with Sollier that this kind of sexual frigidity

¹ The terminology proposed by Ziehen ("Zur Lehre von den psychopathischen Konstitutionen," *Charité Annalen*, vol. xxxiii, 1909) is as follows: For absence of sexual feeling, *anhedonia*; for diminution of the same, *hyphedonia*; for excess of sexual feeling, *hyperhedonia*; for qualitative sexual perversions, *parhedonia*. "Erotic blindness" was suggested by Nardelli.

is a symptom of hysteria. Féré (*L'Instinct Sexuel*, second edition, p. 112), in referring to the greater frequency of sexual anesthesia in women, remarks that it is often associated with neuropathic states, as well as with anomalies of the genital organs, or general troubles of nutrition, and is usually acquired. Some authors attribute great importance to amenorrhea in this connection; one investigator has found that in 4 out of 14 cases of absolute amenorrhea sexual feeling was absent. Löwenfeld, again (*Sexualleben und Nervenleiden*), referring to the common misconception that nervous disorder is associated with increased sexual desire, points out that nervously degenerate women far more often display frigidity than increased sexual desire. Elsewhere (*Ueber die Sexuelle Konstitution*) Löwenfeld says it is only among the upper classes that sexual anesthesia is common. Campbell Clark, also, showed some years ago that, in young women with a tendency to chlorosis and a predisposition to insanity, defects of pelvic and mammary development are very prevalent. (*Journal of Mental Science*, October, 1888.)

As regards the older medical authors, Schurig (*Spermatologia*, 1720, p. 243, and *Gynecologia*, 1730, p. 81) brought together from the literature and from his own knowledge cases of women who felt no pleasure in coitus, as well as of some men who had erections without pleasure.

There is, however, much uncertainty as to what precisely is meant by sexual frigidity or anesthesia. All the old medical authors carefully distinguish between the heat of sexual desire and the actual presence of pleasure in coitus; many modern writers also properly separate *libido* from *voluptas*, since it is quite possible to experience sexual desires and not to be able to obtain their gratification during sexual intercourse, and it is possible to hold, with Mantegazza, that women naturally have stronger sexual impulses than men, but are more liable than men to experience sexual anesthesia. But it is very much more difficult than most people seem to suppose, to obtain quite precise and definite data concerning the absence of either *voluptas* or *libido* in a woman. Even if we accept the statement of the woman who asserts that she has either or both, the statement of their absence is by no means equally conclusive and final. As even Adler—who discusses this question fully and has very pronounced opinions about it—admits, there are women who stoutly deny the existence of any sexual feelings until such feelings are

actually discovered.¹ Some of the most marked characteristics of the sexual impulse in women, moreover,—its association with modesty, its comparatively late development, its seeming passivity, its need of stimulation,—all combine to render difficult the final pronouncement that a woman is sexually frigid. Most significant of all in this connection is the complexity of the sexual apparatus in women and the corresponding psychic difficulty—based on the fundamental principle of sexual selection—of finding a fitting mate. The fact that a woman is cold with one man or even with a succession of men by no means shows that she is not apt to experience sexual emotions; it merely shows that these men have not been able to arouse them. “I recall two very striking cases,” a distinguished gynecologist, the late Dr. Engelmann, of Boston, wrote to me, “of very attractive young married women—one having had a child, the other a miscarriage—who were both absolutely cold to their husbands, as told me by both husband and wife. They could not understand desire or passion, and would not even believe that it existed. Yet, both these women with other men developed ardent passion, all the stronger perhaps because it had been so long latent.” In such cases it is scarcely necessary to invoke Adler’s theory of a morbid inhibition, or “foreign body in consciousness,” which has to be overcome. We are simply in the presence of the natural fact that the female throughout nature not only requires much loving, but is usually fastidious in the choice of a lover. In the human species this natural fact is often disguised and perverted. Women are not always free to choose the man whom they would prefer as a lover, nor even free to find out whether the man they prefer sexually fits them; they are, moreover, very often extremely ignorant of the whole question of sex, and the victims of the prejudice and false conventions they have been taught. On the one hand, they are driven into an unnatural primness and austerity; on the other hand, they rebound to an equally unnatural facility or even promiscuity. Thus it happens that

¹ O. Adler, *Die Mangelhafte Geschlechtsempfindung des Weibes*, 1904, p. 146.

the men who find that a large number of women are not so facile as they themselves are, and as they have found a large number of women to be, rush to the conclusion that women tend to be "sexually anesthetic." If we wish to be accurate, it is very doubtful whether we can assert that a woman is ever absolutely without the aptitude for sexual satisfaction.¹ She may unquestionably be without any conscious desire for actual coitus. But if we realize to how large an extent woman is a sexual organism, and how diffused and even unconscious the sexual impulses may be, it becomes very difficult to assert that she has never shown any manifestation of the sexual impulse. All we can assert with some degree of positiveness in some cases is that she has not manifested sexual gratification, more particularly as shown by the occurrence of the orgasm, but that is very far indeed from warranting us to assert that she never will experience such gratification or still less that she is organically incapable of experiencing it.² It is therefore quite impossible to follow Adler when he asks us to accept the existence of a condition which he solemnly terms *anæsthesia sexualis completa idiopathica*, in which there is no mechanical difficulty in the way or psychic inhibition, but an "absolute" lack of sexual sensibility and a complete absence of sexual inclination.³

It is instructive to observe that Adler himself knows no "pure" case of this condition. To find such a case he has to go back nearly two centuries to Madame de Warens, to whom he

¹ A correspondent tells me that he knows a woman who has been a prostitute since the age of 15, but never experienced sexual pleasure and a real, non-simulated orgasm till she was 23; since then she has become very sensual. In other similar cases the hitherto indifferent prostitute, having found the man who suits her, abandons her profession, even though she is thereby compelled to live in extreme poverty. "An insensible woman," as La Bruyère long ago remarked in his chapter "Des Femmes," "is merely one who has not yet seen the man she must love."

² Gutteit (*Dreissig Jahre Praxis*, vol. i, p. 416) pointed out that the presence or absence of the orgasm is the only factor in "sexual anæsthesia" of which we can speak at all definitely; and he believed that anaphrodisia, in the sense of absence of the sexual impulse, never occurs at all, many women having confided to him that they had sexual desires, although those desires were not gratified by coitus.

³ *Op. cit.*, p. 164.

devotes a whole chapter. He has, moreover, had the courage in writing this chapter to rely entirely on Rousseau's *Confessions*, which were written nearly half a century later than the episodes they narrated, and are therefore full of inaccuracies, besides being founded on an imperfect and false knowledge of Madame de Warens's earlier life, and written by a man who was, there can be no doubt, not able to arouse women's passions. Adler shows himself completely ignorant of the historical investigations of De Montet, Mugnier, Ritter, and others which, during recent years, have thrown a flood of light on the life and character of Madame de Warens, and not even acquainted with the highly significant fact that she was hysterical.¹ This is the basis of "fact" on which we are asked to accept *anæsthesia sexualis completa idiopathica*!²

"In dealing with the alleged absence of the sexual impulse," a well-informed medical correspondent writes from America, "much caution has to be used in accepting statements as to its absence, from the fact that most women fear by the admission to place themselves in an impure category. I am also satisfied that influx of women into universities, etc., is often due to the sexual impulse causing restlessness, and that this factor finds expression in the prurient prudishness so often presenting itself in such women, which interferes with coeducation. This is becoming especially noticeable at the University of Chicago, where prudishness interferes with classical, biological, sociological, and physiological discussion in the classroom. There have been complaints by such women that a given professor has not left out embryological facts not in themselves in any way implying indelicacy. I have even been informed that the opinion is often expressed in college dormitories that embryological facts and discussions should be left out of a course intended for both sexes." Such prudishness, it is scarcely necessary to remark, whether found in women or men, indicates a mind that has become morbidly sensitive to sexual impressions. For the healthy mind embryological and allied facts have no emotionally sexual significance, and there is, therefore, no need to shun them.

Kolischer, of Chicago ("Sexual Frigidity in Women," *American Journal of Obstetrics*, Sept., 1905), points out that it is often the failure of the husband to produce sexual excitement in the wife which leads to voluntary repression of sexual sensation on her part, or an

¹ Havelock Ellis, "Madame de Warens," *The Venture*, 1903.

² It is interesting to observe that finally even Adler admits (*op. cit.*, p. 155) that there is no such thing as *congenital* lack of aptitude for sexual sensibility.

acquired sexual anesthesia. "Sexual excitement," he remarks, "not brought to its natural climax, the reaction leaves the woman in a very disagreeable condition, and repeated occurrences of this kind may even lead to general nervous disturbances. Some of these unfortunate women learn to suppress their sexual sensation so as to avoid all these disagreeable sequels. Such a state of affairs is not only unfortunate, because it deprives the female partner of her natural rights, but it is also to be deplored because it practically brings down such a married woman to the level of the prostitute."

In illustration of the prevalence of inhibitions of various kinds, from without and from within, in suppressing or disguising sexual feeling in women, I may quote the following observations by an American lady concerning a series of women of her acquaintance:—

"Mrs. A. This woman is handsome and healthy. She has never had children, much to the grief of herself and her husband. The man is also handsome and attractive. Mrs. A. once asked me if lovemaking between me and my husband ever originated with me. I replied it was as often so as not, and she said that in that event she could not see how passion between husband and wife could be regulated. When I seemed not to be ashamed of the matter, but rather to be positive in my views that it should be so, she at once tried to impress me with the fact that she did not wish me to think she 'could not be aroused.' This woman several times hinted that she had learned a great amount that was not edifying at boarding school, and I always felt that, with proper encouragement, she would have retailed suggestive stories.

"Mrs. B. This woman lives to please her husband, who is a spoiled man. She gave birth to a child soon after marriage, but was left an invalid for some years. She told me coition always hurt her, and she said it made her sick to see her husband nude. I was therefore surprised, years afterward, to hear her say, in reply to a remark of another person, 'Yes; women are not only as passionate as men, I am sure they are more so.' I therefore questioned the lack of passion she had on former occasions avowed, or else felt convinced her improvement in health had made intercourse pleasant.

"Miss C. A teacher. She is emotional and easily becomes hysterical. Her life has been one of self-sacrifice and her rearing most Puritanical. She told me she thought women did not crave sexual satisfaction unless it had been aroused in them. I consider her one who physically is injured by not having it.

"Mrs. D. After being married a few years this person told me she thought intercourse 'horrid.' Some years after this, however, she fell in love with a man not her husband, which caused their separation. She always fancied men in love with her, and she told me that she and

her husband tried to live without intercourse, fearing more children, but they could not do it; she also told of trying to refrain, for the same purpose, until safe parts of the menstrual month, but that 'was just the time she cared least for it.' These remarks made me doubt the sincerity of the first.

"Mrs. E. said she enjoyed intercourse as well as her husband, and she 'didn't see why she should not say so.' This same woman, whether using a current phrase or not, afterward said her husband 'did not bother her very often.'

"Mrs. F., the mother of several children, was married to a man she neither loved nor respected, but she said that when a strange man touched her it made her tremble all over.

"Mrs. G., the mother of many children, divorced on account of the dissipation, drinking and otherwise, of her husband. She is of the creole type, but large and almost repulsive. She is a brilliant talker and she supports herself by writing. She has fallen in love with a number of young men, 'wildly, madly, passionately,' as one of them told me, and I am sure she suffers greatly from the lack of satisfaction. She would no doubt procure it if it were possible.

"I believe," the writer concludes, "women are as passionate as men, but the enforced restraint of years possibly smothers it. The fear of having children and the methods to prevent conception are, I am sure, potent factors in the injury to the emotions of married women. Perhaps the lack of intercourse acts less disastrously upon a woman because of the renewed feeling which comes after each menstrual period."

As bearing on the causes which have led to the disguise and misinterpretation of the sexual impulse in women I may quote the following communication from another lady:—

"I do think the coldness of women has been greatly exaggerated. Men's theoretically ideal woman (though they don't care so much about it in practice) is passionless, and women are afraid to admit that they have any desire for sexual pleasure. Rousseau, who was not very straight-laced, excuses the conduct of Madame de Warens on the ground that it was not the result of passion: an aggravation rather than a palliation of the offense, if society viewed it from the point of view of any other fault. Even in the modern novels written by the 'new woman' the longing for maternity, always an honorable sentiment, is dragged in to veil the so-called 'lower' desire. That some women, at any rate, have very strong passions and that great suffering is entailed by their repression is not, I am sure, sufficiently recognized, even by women themselves.

"Besides the 'passionless ideal' which checks their sincerity, there are many causes which serve to disguise a woman's feelings to herself and make her seem to herself colder than she really is. Briefly these are:—

"1. Unrecognized disease of the reproductive organs, especially after the birth of children. A friend of mine lamented to me her inability to feel pleasure, though she had done so before the birth of her child, then 3 years old. With considerable difficulty I persuaded her to see a doctor, who told her all the reproductive organs were seriously congested; so that for three years she had lived in ignorance and regret for her husband's sake and her own.

"2. The dread of recommencing, once having suffered them, all the pains and discomforts of child-bearing.

"3. Even when precautions are taken, much bother and anxiety is involved, which has a very dampening effect on excitement.

"4. The fact that men will never take any trouble to find out what specially excites a woman. A woman, as a rule, is at some pains to find out the little things which particularly affect the man she loves,—it may be a trick of speech, a rose in her hair, or what not,—and she makes use of her knowledge. But do you know one man who will take the same trouble? (It is difficult to specify, as what pleases one person may not another. I find that the things that affect me personally are the following: [a] Admiration for a man's mental capacity will translate itself sometimes into direct physical excitement. [b] Scents of white flowers, like tuberose or syringa. [c] The sight of fireflies. [d] The idea or the reality of suspension. [e] Occasionally absolute passivity.)

"5. The fact that many women satisfy their husbands when themselves disinclined. This is like eating jam when one does not fancy it, and has a similar effect. It is a great mistake, in my opinion, to do so, except very rarely. A man, though perhaps cross at the time, prefers, I believe, to gratify himself a few times, when the woman also enjoys it, to many times when she does not.

"6. The masochistic tendency of women, or their desire for subjection to the man they love. I believe no point in the whole question is more misunderstood than this. Nearly every man imagines that to secure a woman's love and respect he must give her her own way in small things, and compel her obedience in great ones. Every man who desires success with a woman should exactly reverse that theory."

When we are faced by these various and often conflicting statements of opinion it seems necessary to obtain, if possible, a

definite basis of objective fact. It would be fairly obvious in any case, and it becomes unquestionable in view of the statements I have brought together, that the best-informed and most sagacious clinical observers, when giving an opinion on a very difficult and elusive subject which they have not studied with any attention and method, are liable to make unguarded assertions; sometimes, also, they become the victims of ethical or pseudoethical prejudices, so as to be most easily influenced by that class of cases which happens to fit in best with their prepossessions.¹ In order to reach any conclusions on a reasonable basis it is necessary to take a series of unselected individuals and to ascertain carefully the condition of the sexual impulse in each.

At present, however, this is extremely difficult to do at all satisfactorily, and quite impossible, indeed, to do in a manner likely to yield absolutely unimpeachable results. Nevertheless, a few series of observations have been made. Thus, Dr. Harry Campbell² records the result of an investigation, carried on in his hospital practice, of 52 married women of the poorer class; they were not patients, but ordinary, healthy working-class women, and the inquiry was not made directly, but of the husbands, who were patients. Sexual instinct was said to be present in 12 cases before marriage, and absent in 40; in 13 of the 40 it never appeared at all; so that it altogether appeared in 39, or in the ratio of something over 75 per cent. Among the 12 in whom it existed before marriage it was said to have appeared in most with puberty; in 3, however, a few years before puberty, and in 2 a few years later. In 2 of those in whom it appeared before puberty, menstruation began late; in the third it rose almost to nymphomania on the day preceding the first menstrua-

¹ "I am not entirely satisfied with the testimony as to the alleged sexual anesthesia," a medical correspondent writes. "The same principle which makes the young harlot an old saint makes the repentant rake a believer in sexual anesthesia. Most of the medical men who believe, or claim to believe, that sexual anesthesia is so prevalent do so either to flatter their hysterical patients or because they have the mentality of the Hyacinthe of Zola's *Paris*."

² *Differences in the Nervous Organization of Man and Woman*, 1891; chapter xiii, "Sexual Instinct in Men and Women Compared."

tion. In nearly all the cases desire was said to be stronger in the husband than in the wife; when it was stronger in the wife, the husband was exceptionally indifferent. Of the 13 in whom desire was absent after marriage, 5 had been married for a period under two years, and Campbell remarks that it would be wrong to conclude that it would never develop in these cases, for in this group of cases the appearance of sexual instinct was sometimes a matter of days, sometimes of years, after the date of marriage. In two-thirds of the cases there was a diminution of desire, usually gradual, at the climacteric; in the remaining third there was either no change or exaltation of desire. The most important general result, Campbell concludes, is that "the sexual instinct is very much less intense in woman than in man," and to this he elsewhere adds a corollary that "the sexual instinct in the civilized woman is, I believe, tending to atrophy."

An eminent gynecologist, the late Dr. Matthews Duncan, has (in his work on *Sterility in Women*) presented a table which, although foreign to this subject, has a certain bearing on the matter. Matthews Duncan, believing that the absence of sexual desire and of sexual pleasure in coitus are powerful influences working for sterility, noted their presence or absence in a number of cases, and found that, among 191 sterile women between the ages of 15 and 45, 152, or 79 per cent., acknowledged the presence of sexual desire; and among 196 sterile women (mostly the same cases), 134, or 68 per cent., acknowledged the presence of sexual pleasure in coitus. Omitting the cases over 35 years of age, which were comparatively few, the largest proportion of affirmative answers, both as regards sexual pleasure and sexual desire, was from between 30 and 34 years of age. Matthews Duncan assumes that the absence of sexual desire and sexual pleasure in women is thoroughly abnormal.¹

¹ Matthews Duncan considered that "the healthy performance of the functions of child-bearing is surely connected with a well-regulated condition of desire and pleasure." "Desire and pleasure," he adds, "may be excessive, furious, overpowering, without bringing the female into the class of maniacs; they may be temporary, healthy, and moderate; they may be absent or dull." (Matthews Duncan, *Goulstonian Lectures on Sterility in Woman*, pp. 91, 121.)

An English non-medical author, in the course of a thoughtful discussion of sexual phenomena, revealing considerable knowledge and observation,¹ has devoted a chapter to this subject in another of its aspects. Without attempting to ascertain the normal strength of the sexual instinct in women, he briefly describes 11 cases of "sexual anesthesia" in women (in 2 or 3 of which there appears, however, to be an element of latent homosexuality) from among the circle of his own friends. This author concludes that sexual coldness is very common among English women, and that it involves questions of great social and ethical importance.

I have not met with any series of observations made among seemingly healthy and normal women in other countries; there are, however, various series of somewhat abnormal cases in which the point was noted, and the results are not uninteresting. Thus, in Vienna at Kraft-Ebing's psychiatric clinic, Gattel (*Ueber die sexuellen Ursachen der Neurasthenie und Angstneurose*, 1898) carefully investigated the cases of 42 women, mostly at the height of sexual life,—i.e., between 20 and 35,—who were suffering from slight nervous disorders, especially neurasthenia and mild hysteria, but none of them from grave nervous or other disease. Of these 42, at least 17 had masturbated, at one time or another, either before or after marriage, in order to obtain relief of sexual feelings. In the case of 4 it is stated that they do not obtain sexual satisfaction in marriage, but in these cases only *coitus interruptus* is practised, and the fact that the absence of sexual satisfaction was complained of seems to indicate an aptitude for experiencing it. These 4 cases can therefore scarcely be regarded as exceptions. In all the other cases sexual desire, sexual excitement, or sexual satisfaction is always clearly indicated, and in a considerable proportion of cases it is noted that the sexual impulse is very strongly developed. This series is valuable, since the facts of the sexual life are, as far as possible, recorded with much precision. The significance of the facts varies, however, according to the view taken as to the causation of neurasthenia and allied conditions of slight nervous disorder. Gattel argues that sexual irregularities are a peculiarly fruitful, if not invariable, source of such disorders; according to the more commonly accepted view this is not so. If we accept the more usual view, these women fairly correspond to average women of lower class; if, however, we accept Gattel's view, they may possess the sexual instinct in a more marked degree than average women.

¹ Geoffrey Mortimer, *Chapters on Human Love*, 1898, ch. xvi.

In a series of 116 German women in whom the operation of removing the ovaries was performed, Pfister usually noted briefly in what way the sexual impulse was affected by the operation ("Die Wirkung der Castration auf den Weiblichen Organismus," *Archiv für Gynäkologie*, 1898, p. 583). In 13 cases (all but 3 unmarried) the presence of sexual desire at any time was denied, and 2 of these expressed disgust of sexual matters. In 12 cases the point is left doubtful. In all the other cases sexual desire had once been present, and in 2 or 3 cases it was acknowledged to be so strong as to approach nymphomania. In about 30 of these (not including any in which it was previously very strong) it was extinguished by castration, in a few others it was diminished, and in the rest unaffected. Thus, when we exclude the 12 cases in which the point was not apparently investigated, and the 10 unmarried women, in whom it may have been latent or unavowed, we find that, of 94 married women, 91 women acknowledged the existence of sexual desire and only 3 denied it.

Schröter, again in Germany, has investigated the manifestations of the sexual impulse among 402 insane women in the asylum at Eichberg in Rheingau. ("Wird bei jungen Unverheiratheten zur Zeit der Menstruation stärkere sexuelle Erregtheit beobachtet?" *Allgemeine Zeitschrift für Psychiatrie*, vol. lvi, 1899, pp. 321-333.) There is no reason to suppose that the insane represent a class of the community specially liable to sexual emotion, although its manifestations may become unrestrained and conspicuous under the influence of insanity; and at the same time, while the appearance of such manifestations is evidence of the aptitude for sexual emotions, their absence may be only due to disease, seclusion, or to an intact power of self-control.

Of the 402 women, 166 were married and 236 unmarried. Schröter divided them into four groups: (1) those below 20; (2) those between 20 and 30; (3) those between 30 and 40; (4) those from 40 to the menopause. The patients included persons from the lowest class of the population, and only about a quarter of them could fairly be regarded as curable. Thus the manifestations of sexuality were diminished, for with advance of mental disease sexual manifestations cease to appear. Schröter only counted those cases in which the sexual manifestations were decided and fairly constant at the menstrual epoch; if not visibly manifested, sexual feeling was not taken into account. Sexual phenomena accompanied the entry of the menstrual epoch in 141 cases: i.e., in 20 (or in the proportion of 72 per cent.) of the first group, consisting entirely of unmarried women; in 33 (or 28 per cent.) of the second group; in 55 (or 35 per cent.) of the third group; and in 33 (or 33 per cent.) of the fourth group. It was found that 181 patients showed no sexual phenomena at any time, while 80 showed sexual phenomena fre-

quently between the menstrual epochs, but only in a slight degree, and not at all during the period. At all ages sexual manifestations were more prevalent among the unmarried than among the married, though this difference became regularly and progressively less with increase in age.

Schröter inclines to think that sexual excitement is commoner among insane women belonging to the lower social classes than in those belonging to the better classes. Among 184 women in a private asylum, only 13 (6.13 per cent.) showed very marked and constant excitement at menstrual periods. He points out, however, that this may be due to a greater ability to restrain the manifestations of feeling.

There is some interest in Schröter's results, though they cannot be put on a line with inquiries made among the sane; they only represent the prevalence of the grossest and strongest sexual manifestations when freed from the restraints of sanity.

As a slight contribution toward the question, I have selected a series of 12 cases of women of whose sexual development I possess precise information, with the following results: In 2 cases distinct sexual feeling was experienced spontaneously at the age of 7 and 8, but the complete orgasm only occurred some years after puberty; in 5 cases sexual feeling appeared spontaneously for a few months to a year after the appearance of menstruation, which began between 12 and 14 years of age, usually at 13; in another case sexual feeling first appeared shortly after menstruation began, but not spontaneously, being called out by a lover's advances; in the remaining 4 cases sexual emotion never became definite and conscious until adult life (the ages being 26, 27, 34, 35), in 2 cases through being made love to, and in 2 cases through self-manipulation out of accident or curiosity. It is noteworthy that the sexual feelings first developed in adult life were usually as strong as those arising at puberty. It may be added that, of these 12 women, 9 had at some time or another masturbated (4 shortly after puberty, 5 in adult life), but, except in 1 case, rarely and at intervals. All belong to the middle class, 2 or 3 leading easy, though not idle, lives, while all the others are engaged in professional or other avocations often involving severe labor. They differ widely in character and mental ability; but, while 2 or 3 might be regarded as slightly abnormal, they are all fairly healthy.

I am inclined to believe that the experiences of the foregoing group are fairly typical of the social class to which they belong. I may, however, bring forward another series of 35 women, varying in age from 18 to 40 (with 2 exceptions all over 25), and in every respect comparable with the smaller group, but concerning whom my knowledge, though reliable, is usually less precise and detailed. In this group 5 state that they have never experienced sexual emotion, these being all unmarried and leading strictly chaste lives; in 18 cases the sexual impulse may be described as strong, or is so considered by the subject herself; in 9 cases it is only moderate; in 3 it is very slight when evoked, and with difficulty evoked, in 1 of these only appearing two years after marriage, in another the exhaustion and worry of household cares being assigned for its comparative absence. It is noteworthy that all the more highly intelligent, energetic women in the series appear in the group of those with strong sexual emotions, and also that severe mental and physical labor, even when cultivated for this purpose, has usually had little or no influence in relieving sexual emotion.

An American physician in the State of Connecticut sends me the following notes concerning a series of 13 married women, taken, as they occurred, in obstetric practice. They are in every way respectable and moral women:—

"Mrs. A. says that her husband does not give her sufficient sexual attention, as he fears they will have more children than he can properly care for. Mrs. B. always enjoys intercourse; so does Mrs. C. Mrs. D. is easily excited and very fond of sexual attention. Mrs. E. likes intercourse if her husband is careful not to hurt her. Mrs. F. never had any sexual desire until after second marriage, but it is now very urgent at times. Mrs. G. is not easily excited, but has never objected to her husband's attention. Mrs. H. would prefer to have her husband exhibit more attention. Mrs. I. never refused her husband, but he does not trouble her much. Mrs. J. thinks that three or four times a week is satisfactory, but would not object to nightly intercourse. Mrs. K. does not think that her husband could give her more than she would like. Mrs. L. would prefer to live with a woman if it were not for sexual intercourse. Mrs. M., aged 40, says that her husband, aged 65, insists upon intercourse three times every night, and that he keeps her tired and disgusted. She each time has at least one orgasm, and would not object to reasonable attention."

It may be remarked that, while these results in English women of the middle class are in fair agreement with the German and Austrian observations I have quoted, they differ from Campbell's results among women of the working class in London. This discrepancy is, perhaps, not difficult to explain. While the conditions of upper-class life may possibly be peculiarly favorable to the development of the sexual emotions, among the working classes in London, where the stress of the struggle for existence under bad hygienic conditions is so severe, they may be peculiarly unfavorable. It is thus possible that there really are a smaller number of women experiencing sexual emotion among the class dealt with by Campbell than among the class to which my series belong.¹

A more serious consideration is the method of investigation. A working man, who is perhaps unintelligent outside his own work, and in many cases married to a woman who is superior in refinement, may possibly be able to arouse his wife's sexual emotions, and also able to ascertain what those emotions are, and be willing to answer questions truthfully on this point, to the best of his ability, but he is by no means a witness whose evidence is final. While, however, Campbell's facts may not be quite unquestionable, I am inclined to agree with his conclusion, and Mantegazza's, that there is a very great range of variation in this matter, and that there is no age at which the sexual impulse in women may not appear. A lady who has received the confidence of very many women tells me that she has never found a woman

¹ I do not, however, attach much weight to this possibility. The sexual instinct among the lower social classes everywhere is subject to comparatively weak inhibition, and Löwenfeld is probably right in believing the women of the lower class do not suffer from sexual anesthesia to anything like the same extent as upper-class women. In England most women of the working class appear to have had sexual intercourse at some time in their lives, notwithstanding the risks of pregnancy, and if pregnancy occurs they refer to it calmly as an "accident," for which they cannot be held responsible; "Well, I couldn't help that," I have heard a young widow remark when mildly reproached for the existence of her illegitimate child. Again, among American negroes there seems to be no defect of sexual passion, and it is said that the majority of negroes in the Southern States support not only their children, but their lovers and husbands.

who was without sexual feeling. I should myself be inclined to say that it is extremely difficult to find a woman who is without the aptitude for sexual emotion, although a great variety of circumstances may hinder, temporarily or permanently, the development of this latent aptitude. In other words, while the latent sexual aptitude may always be present, the sexual impulse is liable to be defective and the aptitude to remain latent, with consequent deficiency of sexual emotion, and absence of sexual satisfaction.

This is not only indicated by the considerable proportion of my cases in which there is only moderate or slight sexual feeling. I have ample evidence that in many cases the element of pain, which may almost be said to be normal in the establishment of the sexual function, is never merged, as it normally is, in pleasurable sensations on the full establishment of sexual relationships. Sometimes, no doubt, this may be due to dyspareunia. Sometimes there may be an absolute sexual anesthesia, whether of congenital or hysterical origin. I have been told of the case of a married lady who has never been able to obtain sexual pleasure, although she has had relations with several men, partly to try if she could obtain the experience, and partly to please them; the very fact that the motives for sexual relationships arose from no stronger impulse itself indicates a congenital defect on the psychic as well as on the physical side. But, as a rule, the sexual anesthesia involved is not absolute, but lies in a disinclination to the sexual act due to various causes, in a defect of strong sexual impulse, and an inaptitude for the sexual orgasm.

I am indebted to a lady who has written largely on the woman question, and is herself the mother of a numerous family, for several letters in regard to the prevalence among women of sexual coldness, a condition which she regards as by no means to be regretted. She considers that in all her own children the sexual impulse is very slightly developed, the boys being indifferent to women, the girls cold toward men and with no desire to marry, though all are intelligent and affectionate, the girls showing a very delicate and refined kind of beauty. (A large selection of photographs accompanied this communication.) Something of the same tendency is said to mark the stocks from which this family springs, and they are said to be notable for their longevity, healthiness, and disinclination for excesses of all kinds. It is scarcely necessary to remark that a mother, however highly intelligent, is by no means an infallible judge as to the presence or absence in her children of so shy, subtle, and elusive an impulse as that of sex. At the

same time I am by no means disposed to question the existence in individuals, and even in families or stocks, of a relatively weak sexual impulse, which, while still enabling procreation to take place, is accompanied by no strong attraction to the opposite sex and no marked inclination for marriage. (Adler, *op. cit.*, p. 168, found such a condition transmitted from mother to daughter.) Such persons often possess a delicate type of beauty. Even, however, when the health is good there seems usually to be a certain lack of vitality.

It seems to me that a state of sexual anesthesia, relative or absolute, cannot be considered as anything but abnormal. To take even the lowest ground, the satisfaction of the reproductive function ought to be at least as gratifying as the evacuation of the bowels or bladder; while, if we take, as we certainly must, higher ground than this, an act which is at once the supreme fact and symbol of love and the supreme creative act cannot under normal conditions be other than the most pleasurable of all acts, or it would stand in violent opposition to all that we find in nature.

How natural the sexual impulse is in women, whatever difficulties may arise in regard to its complete gratification, is clearly seen when we come to consider the frequency with which in young women we witness its more or less instinctive manifestations. Such manifestations are liable to occur in a specially marked manner in the years immediately following the establishment of puberty, and are the more impressive when we remember the comparatively passive part played by the female generally in the game of courtship, and the immense social force working on women to compel them to even an unnatural extension of that passive part. The manifestations to which I allude not only occur with most frequency in young girls, but, contrary to the common belief, they seem to occur chiefly in innocent and unperverted girls. The more vicious are skillful enough to avoid the necessity for any such open manifestations. We have to bear this in mind when confronted by flagrant sexual phenomena in young girls.

"A young girl," says Hammer ("Ueber die Sinnlichkeit gesunder Jungfrauen," *Die Neue Generation*, Aug., 1911), "who has not pre-

viously adopted any method of self-gratification experiences at the beginning of puberty, about the time of the first menstruation and the sprouting of the pubic hair, in the absence of all stimulation by a man, spontaneous sexual tendencies of both local and psychic nature. On the psychic side there is a feeling of emptiness and dissatisfaction, a need of subjection and of serving, and, if the opportunity has so far been absent, the craving to see masculine nudity and to learn the facts of procreation. Side by side with these wishes, there are at the same time inhibitory desires, such as the wish to keep herself pure, either for a man whom she represents to herself as the 'ideal,' or for her parents, who must not be worried, or as a member of a chosen people in whose spirit she must live and die, or out of love to Jesus or to some saint. On the physical side, there is the feeling of fresh power and energy, of enterprise; the agreeable tension of the genital regions, which easily become moist. Then there is the feeling of overirritability and excess of tension, and the need of relieving the tension through pinches, blows, tight lacing, and so forth. If the girl remains innocent of sex satisfaction, there takes place during sleep, at regular intervals of about three days, more or less the relief and emission of the tense glands, not corresponding to the menstrual period, but to intercourse, and serving better than sexual instruction to represent to her the phenomena of intercourse. If at this period actual intercourse takes place, it is, as a rule, free from pain, as also is the introduction of the speculum. Without any seduction from without, the chaste girl now frequently finds a way to relieve the excessive tension without the aid of a man. It is self-abuse that leads gradually to the production of pain in defloration. The menstrual phenomena correspond to birth; self-gratification or relief during sleep to intercourse." This statement of the matter is somewhat too absolute and unqualified. Under the artificial conditions of civilization the inhibitory influences of training speedily work powerfully, and more or less successfully, in banishing sexual phenomena into the subconscious, sometimes to work all the mischief there which Freud attributes to them. It must also be said (as I have pointed out in the discussion of Auto-erotism in another volume) that sexual dreams seem to be the exception rather than the rule in innocent girls. It remains true that sexual phenomena in girls at puberty must not be regarded as morbid or unnatural. There is also very good reason for believing (even apart from the testimony of so experienced a gynecologist as Hammer) that on the physical side sexual processes tend to be accomplished with a facility that is often lost in later years with prolonged chastity. This is true alike of intercourse and of childbirth. (See vol. vi of these *Studies*, ch. xii.)

Even, however, in the case of adults the active part played by women in real life in matters of love by no means corresponds to the conventional ideas on these subjects. No doubt nearly every woman receives her sexual initiation from an older and more experienced man. But, on the other hand, nearly every man receives his first initiation through the active and designed steps taken by an older and more experienced woman. It is too often forgotten by those who write on these subjects that the man who seduces a woman has usually himself in the first place been "seduced" by a woman.

A well-known physician in Chicago tells me that on making inquiry of 25 middle-class married men in succession he found that 16 had been first seduced by a woman. An officer in the Indian Medical Service writes to me as follows: "Once at a club in Burma we were some 25 at table and the subject of first intercourse came up. All had been led astray by servants save 2, whom their sisters' governesses had initiated. We were all men in the 'service,' so the facts may be taken to be typical of what occurs in our stratum of society. All had had sexual relations with respectable unmarried girls, and most with the wives of men known to their fathers, in some instances these being old enough to be their lovers' mothers. Apparently up to the age of 17 none had dared to make the first advances, yet from the age of 13 onward all had had ample opportunity for gratifying their sexual instincts with women. Though all had been to public schools where homosexuality was known to occur, yet (as I can assert from intimate knowledge) none had given signs of inversion or perversion in Burma."

In Russia, Tchlenoff, investigating the sexual life of over 2000 Moscow students of upper and middle class (*Archives d'Anthropologie Criminelle*, Oct.-Nov., 1908), found that in half of them the first coitus took place between 14 and 17 years of age; in 41 per cent. with prostitutes, in 39 per cent. with servants, and in 10 per cent. with married women. In 41 per cent. the young man declared that he had taken the initiative, in 25 per cent. the women took it, and in 23 per cent. the incitement came from a comrade.

The histories I have recorded in Appendix B (as well as in the two following volumes of these *Studies*) very well illustrate the tendency of young girls to manifest sexual impulses when freed from the constraint which they feel in the presence of adult men and from the fear of consequences. These histories show especially how very frequently nurse-maids and servant-girls effect the sexual initiation of the young boys intrusted to them. How common this impulse is among adolescent

girls of low social class is indicated by the fact that certainly the majority of middle-class men can recall instances from their own childhood. (I here leave out of account the widespread practice among nurses of soothing very young children in their charge by manipulating the sexual organs.)

A medical correspondent, in emphasizing this point, writes that "many boys will tell you that, if a nurse-girl is allowed to sleep in the same room with them, she will attempt sexual manipulations. Either the girl gets into bed with the boy and pulling him on to her tickles the penis and inserts it into the vulva, making the boy imitate sexual movements, or she simply masturbates the child, to get him excited and interested, often showing him the female sexual opening in herself or in his sisters, teaching him to finger it. In fact, a nurse-girl may ruin a boy, chiefly, I think, because she has been brought up to regard the sexual organs as a mystery, and is in utter ignorance about them. She thus takes the opportunity of investigating the boy's penis to find out how it works, etc., in order to satisfy her curiosity. I know of a case in which a nurse in a fashionable London Square garden used to collect all the boys and girls (gentlemen's children) in a summer-house when it grew dark, and, turning up her petticoats, invite all the boys to look at and feel her vulva, and also incite the older boys of 12 or 14 to have coitus with her. Girls are afraid of pregnancy, so do not allow an adult penis to operate. I think people should take on a far higher class of nurses than they do."

"Children ought never to be allowed, under any circumstances whatever," wrote Lawson Tait (*Diseases of Women*, 1889, p. 62), "to sleep with servants. In every instance where I have found a number of children affected [by masturbation] the contagion has been traced to a servant." Freud has found (*Neurologisches Centralblatt*, No. 10, 1896) that in cases of severe youthful hysteria the starting point may frequently be traced to sexual manipulations by servants, nurse-girls, and governesses.

"When I was about 8 or 9," a friend writes, "a servant-maid of our family, who used to carry the candle out of my bedroom, often drew down the bedclothes and inspected my organs. One night she put the penis in her mouth. When I asked her why she did it her answer was that 'sucking a boy's little dangle' cured her of pains in her stomach. She said that she had done it to other little boys, and declared that she liked doing it. This girl was about 16; she had lately been 'converted.' Another maid in our family used to kiss me warmly on the naked abdomen when I was a small boy. But she never did more than that. I have heard of various instances of servant-girls tampering with boys before puberty, exciting the penis to premature erection by

manipulation, suction, and contact with their own parts." Such overstimulation must necessarily in some cases have an injurious influence on the boy's immature nervous system. Thus, Hutchinson (*Archives of Surgery*, vol. iv, p. 200) describes a case of amblyopia in a boy, developing after he had been placed to sleep in a servant-girl's room.

Moll (*Könlrare Sexualempfindung*, third edition, 1899, p. 325) refers to the frequency with which servant-girls (between the ages of 18 and 30) carry on sexual practices with young boys (between 5 and 13) committed to their care. More than a century earlier Tissot, in his famous work on onanism, referred to the frequency with which servant-girls corrupt boys by teaching them to masturbate; and still earlier, in England, the author of *Onania* gave many such cases. We may, indeed, go back to the time of Rabelais, who (as Dr. Kiernan reminds me) represents the governesses of Gargantua, when he was a child, as taking pleasure in playing with his penis till it became wet, and joking with each other about it. (*Gargantua*, book i, chapter ix.)

The prevalence of such manifestations among servant-girls witnesses to their prevalence among lower-class girls generally. In judging such acts, even when they seem to be very deliberate, it is important to remember that at this age unreasoning instinct plays a very large part in the manifestations of the sexual impulse. This is clearly indicated by the phenomena observed in the insane. Thus, as we have seen (page 214), Schröter has found that, among girls of low social class under 20 years of age, spontaneous periodical sexual manifestations at menstrual epochs occurred in as large a proportion as 72 per cent. Among girls of better social position these impulses are inhibited, or at all events modified, by good taste or good feeling, the influences of tradition or education; it is only to the latter that children should be intrusted.

Hoche mentions a case in which a man was accused of repeatedly exhibiting his sexual organs to the servant-girl at a house; she enjoyed the spectacle (*Neurologisches Centralblatt*, 1896, No. 2). It may well be that in some cases of self-exhibition the offender has good reason, on the ground of previous experience, for thinking that he is giving pleasure. "When we used to go to bathe while I was at school," writes a correspondent, "girls from a poor quarter of the lower town (some quite 16) often followed us and stood to watch about a hundred yards from the river. They used to 'giggle' and 'pass remarks.' I have seen girls of this class peeping through chinks of a palisade around a bathing-place on the Thames." A correspondent who has given special attention to the point tells me of the great interest displayed by young girls of the people in Italy in the sexual organs of men.

Curiosity—whether in the form of the desire for knowledge or the desire for sensation—is, of course, not confined to young girls and women of lower social strata, though in them it is less often restrained by motives of self-respect and good feeling. “At the age of 8,” writes a correspondent, “I was one day playing in a spare room with a girl of about 12 or 13. She gave me a penholder, and, crouching upon her hands and knees, with her posterior toward me, invited me to introduce the instrument into the vulva. This was the first time I had seen the female parts, and, as I appeared to be somewhat repelled, she coaxed me to comply with her desire. I did as she directed, and she said that it gave her pleasure. Several times after I repeated the same act at her request. A friend tells me that when he was 10 a girl of 16 asked him to lace up her boots. While he was kneeling at her feet his hand touched her ankle. She asked him to put his hand higher, and repeated ‘Higher, higher,’ till he touched the pudenda, and finally, at her request, put his finger into the vestibule. This girl was very handsome and amiable, and a favorite of the boy’s mother. No one suspected this propensity.” Again, a correspondent (a man of science) tells me of a friend who lately, when dining out, met a girl, the daughter of a country vicar; he was not specially attracted to her and paid her no special attention. “A few days afterward he was astonished to receive a call from her one afternoon (though his address is not discoverable from any recognized source). She sat down as near to him as she could, and rested her hand on his thigh, etc., while talking on different subjects and drinking tea. Then without any verbal prelude she asked him to have connection with her. Though not exactly a Puritan, he is not the man to jump at such an offer from a woman he is not in love with, so, after ascertaining that the girl was *virgo intacta*, he declined and she went away. A fortnight or so later he received a letter from her in the country, making no reference to what had passed, but giving an account of her work with her Sunday-school class. He did not reply, and then came a curt note asking him to return her letter. My friend feels sure she was devoted to autoerotic performances, but, having become attracted to him, came to the conclusion she would like to try normal intercourse.”

Wolbarst, studying the prevalence of gonorrhea among boys in New York (especially, it would appear, in quarters where the foreign-born elements—mainly Russian Jew and south Italian—are large), states: “In my study of this subject there have been observed 3 cases of gonorrheal urethritis, in boys aged, respectively, 4, 10, and 12 years, which were acquired in the usual manner, from girls ranging between 10 and 12 years of age. In each case, according to the story told by the victim, the girl made the first advances, and in 1 case, that of the 4-year-old boy, the act was consummated in the form of an assault,

by a girl 12 years old, in which the child was threatened with injury unless he performed his part." (A. L. Wolbarst, *Journal of the American Medical Association*, Sept. 28, 1901.) In a further series of cases (*Medical Record*, Oct. 29, 1910) Wolbarst obtained similar results, though he recognizes also the frequency of precocious sexuality in the young boys themselves.

Gibb states, concerning assaults on children by women: "It is undeniably true that they occur much more frequently than is generally supposed, although but few of the cases are brought to public notice, owing to the difficulty of proving the charge." (W. T. Gibb, article "Indecent Assaults upon Children," in A. McLane Hamilton's *System of Legal Medicine*, vol. i, p. 651.) Gibb's opinion carries weight, since he is medical adviser for the New York Society for the Protection of Children, and compelled to sift the evidence carefully in such cases.

It should be mentioned that, while a sexual curiosity exercised on younger children is, in girls about the age of puberty, an ill-regulated, but scarcely morbid, manifestation, in older women it may be of pathological origin. Thus, Kisch records the case of a refined and educated lady of 30 who had been married for nine years, but had never experienced sexual pleasure in coitus. For a long time past, however, she had felt a strong desire to play with the genital organs of children of either sex, a proceeding which gave her sexual pleasure. She sought to resist this impulse as much as possible, but during menstruation it was often irresistible. Examination showed an enlarged and retroflexed uterus and anesthesia of vagina. (Kisch, *Die Sterilität des Weibes*, 1886, p. 103.) The psychological mechanism by which an anesthetic vagina leads to a feeling of repulsion for normal coitus and normal sexual organs, and directs the sexual feelings toward more infantile forms of sexuality, is here not difficult to trace.

It is not often that the sexual attempts of girls and young women on boys—notwithstanding their undoubted frequency—become of medico-legal interest. In France in the course of ten years (1874 to 1884) only 181 women, who were mostly between 20 and 30 years of age, were actually convicted of sexual attempts on children below 15. (Paul Bernard, "Viols et attentats à la Pudeur," *Archives de l'Anthropologie Criminelle*, 1887.) Lop ("Attentats à la Pudeur commis par des Femmes sur des Petits Enfants," *id.*, Aug., 1896) brings together a number of cases chiefly committed by girls between the ages of 18 and 20. In England such accusations against a young woman or girl may easily be circumvented. If she is under 16 she is protected by the Criminal Law Amendment Act and cannot be punished. In any case, when found out, she can always easily bring the sympathy to her side by declaring that she is not the aggressor, but the victim. Cases of

violent sexual assault upon girls, Lawson Tait remarks, while they undoubtedly do occur, are very much rarer than the frequency with which the charge is made would lead us to suspect. At one time, by arrangement with the authority, 70 such charges at Birmingham were consecutively brought before Lawson Tait. These charges were all made under the Criminal Law Amendment Act. In only 6 of these cases was he able to advise prosecution, in all of which cases conviction was obtained. In 7 other cases in which the police decided to prosecute there was either no conviction or a very light sentence. In at least 26 cases the charge was clearly trumped up. The average age of these girls was 12. "There is not a piece of sexual argot that ever had before reached my ears," remarks Mr. Tait, "but was used by these children in the descriptions given by them of what had been done to them; and they introduced, in addition, quite a new vocabulary on the subject. The minute and detailed descriptions of the sexual act given by chits of 10 and 11 would do credit to the pages of Mirabeau. At first sight it is a puzzle to see how children so young obtained their information." "About the use of the word 'seduced,'" the same writer remarks, "I wish to say that the class of women from amongst whom the great bulk of these cases are drawn seem to use it in a sense altogether different from that generally employed. It is not with them a process in which male villainy succeeds by various arts in overcoming female virtue and reluctance, but simply a date at which an incident in their lives occurs for the first time; and, according to their use of the phrase, the ancient legend of the Sacred Scriptures, had it ended in the more ordinary and usual way by the virtue of Joseph yielding to the temptation offered, would have to read as a record of the seduction of Mrs. Potiphar."

With reference to Lawson Tait's observation that violent assaults on women, while they do occur, are very much rarer than the frequency with which such charges are made would lead us to believe, it may be remarked that many medicolegal authorities are of the same opinion (See, e.g., G. Vivian Poore's *Treatise on Medical Jurisprudence*, 1901, p. 325. This writer also remarks: "I hold very strongly that a woman may rape a man as much as a man may rape a woman.") There can be little doubt that the plea of force is very frequently seized on by women as the easiest available weapon of defense when her connection with a man has been revealed. She has been so permeated by the current notion that no "respectable" woman can possibly have any sexual impulses of her own to gratify that, in order to screen what she feels to be regarded as an utterly shameful and wicked, as well as foolish, act, she declares it never took place by her own will at all. "Now, I ask you, gentlemen," I once heard an experienced counsel address the jury in a criminal case, "as men of the world, have you ever known

or heard of a woman, a single woman, confess that she had had sexual connection and not declare that force had been used to compel her to such connection?" The statement is a little sweeping, but in this matter there is some element of truth in the "man of the world's" opinion. One may refer to the story (told by Etienne de Bourbon, by Francisco de Osuna in a religious work, and by Cervantes in *Don Quixote*, part ii, ch. xlv) concerning a magistrate who, when a girl came before him to complain of rape, ordered the accused young man either to marry her or pay her a sum of money. The fine was paid, and the magistrate then told the man to follow the girl and take the money from her by force; the man obeyed, but the girl defended herself so energetically that he could not secure the money. Then the judge, calling the parties before him again, ordered the fine to be returned: "Had you defended your chastity as well as you have defended your money it could not have been taken away from you." In most cases of "rape," in the case of adults, there has probably been some degree of consent, though that partial assent may have been basely secured by an appeal to the lower nervous centers alone, with no participation of the intelligence and will. Freud (*Zur Psychopathologie des Alltagslebens*, p. 87) considers that on this ground the judge's decision in *Don Quixote* is "psychologically unjust," because in such a case the woman's strength is paralyzed by the fact that an unconscious instinct in herself takes her assailant's part against her own conscious resistance. But it must be remembered that the factor of instinct plays a large part even when no violence is attempted.

Such facts and considerations as these tend to show that the sexual impulse is by no means so weak in women as many would lead us to think. It would appear that, whereas in earlier ages there was generally a tendency to credit women with an unduly large share of the sexual impulse, there is now a tendency to unduly minimize the sexual impulse in women.

II.

Special Characters of the Sexual Impulse in Women—The More Passive Part Played by Women in Courtship—This Passivity only Apparent—The Physical Mechanism of the Sexual Process in Women More Complex—The Slower Development of Orgasm in Women—The Sexual Impulse in Women More Frequently Needs to be Actively Aroused—The Climax of Sexual Energy Falls Later in Women's Lives than in Men's—Sexual Ardor in Women Increased After the Establishment of Sexual Relationships—Women bear Sexual Excesses better than Men—The Sexual Sphere Larger and More Diffused in Women—The Sexual Impulse in Women Shows a Greater Tendency to Periodicity and a Wider Range of Variation.

So FAR I have been discussing the question of the sexual impulse in women on the ground upon which previous writers have usually placed it. The question, that is, has usually presented itself to them as one concerning the relative strength of the impulse in men and women. When so considered, not hastily and with prepossession, as is too often the case, but with a genuine desire to get at the real facts in all their aspects, there is no reason, as we have seen, to conclude that, on the whole, the sexual impulse in women is lacking in strength.

But we have to push our investigation of the matter further. In reality, the question as to whether the sexual impulse is or is not stronger in one sex than in the other is a somewhat crude one. To put the question in that form is to reveal ignorance of the real facts of the matter. And in that form, moreover, no really definite and satisfactory answer can be given.

It is necessary to put the matter on different ground. Instead of taking more or less insolvable questions as to the strength of the sexual impulse in the two sexes, it is more profitable to consider its differences. What are the special characters of the sexual impulse in women?

There is certainly one purely natural sexual difference of a fundamental character, which lies at the basis of whatever truth may be in the assertion that women are not susceptible

of sexual emotion. As may be seen when considering the phenomena of modesty, the part played by the female in courtship throughout nature is usually different from that played by the male, and is, in some respects, a more difficult and complex part. Except when the male fails to play his part properly, she is usually comparatively passive; in the proper playing of her part she has to appear to shun the male, to flee from his approaches—even actually to repel them.¹

Courtship resembles very closely, indeed, a drama or game; and the aggressiveness of the male, the coyness of the female, are alike unconsciously assumed in order to bring about in the most effectual manner the ultimate union of the sexes. The seeming reluctance of the female is not intended to inhibit sexual activity either in the male or in herself, but to increase it in both. The passivity of the female, therefore, is not a real, but only an apparent, passivity, and this holds true of our own species as much as of the lower animals. "Women are like delicately adjusted alembics," said a seventeenth-century author. "No fire can be seen outside, but if you look underneath the alembic, if you place your hand on the hearts of women, in both places you will find a great furnace."² Or, as Marro has finely put it, the passivity of women in love is the passivity of the magnet, which in its apparent immobility is drawing the iron toward it. An intense energy lies behind such passivity, an absorbed preoccupation in the end to be attained.

Tarde, when exercising magistrate's functions, once had to inquire into a case in which a young man was accused of murder. In questioning a girl of 18, a shepherdess, who appeared before him as a witness, she told him that on the morning following the crime she had seen the footmarks of the accused up to a certain point. He asked how she recognized them, and she replied, ingenuously but with assurance, that she could recognize the footprints of every young man in the neighborhood, even in

¹ Ovid remarks (*Ars Amatoria*, bk. i) that, if men were silent, women would take the active and suppliant part.

² Ferrand, *De la Maladie d'Amour*, 1623, ch. ii.

a plowed field.¹ No better illustration could be given of the real significance of the sexual passivity of women, even at its most negative point.

"The women I have known," a correspondent writes, "do not express their sensations and feelings as much as I do. Nor have I found women usually anxious to practise 'luxuries.' They seldom care to practice *fellatio*; I have only known one woman who offered to do *fellatio* because she liked it. Nor do they generally care to masturbate a man; that is, they do not care greatly to enjoy the contemplation of the other person's excitement. (To me, to see the woman excited means almost more than my own pleasure.) They usually resist *cumilinctus*, although they enjoy it. They do not seem to care to touch or look at a man's parts so much as he does at theirs. And they seem to dislike the tongue-kiss unless they feel very sexual or really love a man." My correspondent admits that his relationships have been numerous and facile, while his erotic demands tend also to deviate from the normal path. Under such circumstances, which not uncommonly occur, the woman's passions fail to be deeply stirred, and she retains her normal attitude of relative passivity.

It is owing to the fact that the sexual passivity of women is only an apparent, and not a real, passivity that women are apt to suffer, as men are, from prolonged sexual abstinence. This, indeed, has been denied, but can scarcely be said to admit of doubt. The only question is as to the relative amount of such suffering, necessarily a very difficult question. As far back as the fourteenth century Johannes de Sancto Amando stated that women are more injured than men by sexual abstinence. In modern times Maudsley considers that women "suffer more than men do from the entire deprivation of sexual intercourse" ("Relations between Body and Mind," *Lancet*, May 28, 1870). By some it has been held that this cause may produce actual disease. Thus, Tilt, an eminent gynecologist of the middle of the nineteenth century, in discussing this question, wrote: "When we consider how much of the lifetime of woman is occupied by the various phases of the generative process, and how terrible is often the conflict within her between the impulse of passion and the dictates of duty, it may be well understood how such a conflict reacts on the organs of the sexual economy in the unimpregnated female, and principally on the ovaria,

¹ Tarde, *Archives d'Anthropologie Criminelle*, May 15, 1897. Marro, who quotes this observation (*Pubertà*, p. 467; in French edition, p. 61), remarks that his own evidence lends some support to Lombroso's conclusion that under ordinary circumstances woman's sensory acuteness is less than that of man. He is, however, inclined to impute this to defective attention; within the sexual sphere women's attention becomes concentrated, and their sensory perceptions then go far beyond those of men. There is probably considerable truth in this subtle observation.

causing an orgasm, which, if often repeated, may possibly be productive of subacute ovaritis." (Tilt, *On Uterine and Ovarian Inflammation*, 1862, pp. 309-310.) Long before Tilt, Haller, it seems, had said that women are especially liable to suffer from privation of sexual intercourse to which they have been accustomed, and referred to chlorosis, hysteria, nymphomania, and simple mania curable by intercourse. Hegar considers that in women an injurious result follows the non-satisfaction of the sexual impulse and of the "ideal feelings," and that symptoms thus arise (pallor, loss of flesh, cardialgia, malaise, sleeplessness, disturbances of menstruation) which are diagnosed as "chlorosis." (Hegar, *Zusammenhang der Geschlechtskrankheiten mit nervösen Leiden*, 1885, p. 45.) Freund, as well as Gattel, has found that states of anxiety (*Angstzustände*) are caused by sexual abstinence. Löwenfeld, on careful examination of his own cases, is able to confirm this connection in both sexes. He has specially noticed it in young women who marry elderly husbands. Löwenfeld believes, however, that, on the whole, healthy unmarried women bear sexual abstinence better than men. If, however, they are of at all neuropathic disposition, ungratified sexual emotions may easily lead to various morbid conditions, especially of a hysteroneurasthenic character. (Löwenfeld, *Sexualleben und Nervenleiden*, second edition, 1899, pp. 44, 47, 54-60.) Balls-Headley considers that unsatisfied sexual desires in women may lead to the following conditions: general atrophy, anemia, neuralgia and hysteria, irregular menstruation, leucorrhea, atrophy of sexual organs. He also refers to the frequency of myoma of the uterus among those who have not become pregnant or who have long ceased to bear children. (Balls-Headley, art. "Etiology of Diseases of Female Genital Organs," Allbutt and Playfair, *System of Gynecology*, 1896, p. 141.) It cannot, however, be said that he brings forward substantial evidence in favor of these beliefs. It may be added that in America, during recent years, leading gynecologists have recorded a number of cases in which widows on remarriage have shown marked improvement in uterine and pelvic conditions.

The question as to whether men or women suffer most from sexual abstinence, as well as the question whether definite morbid conditions are produced by such abstinence, remains, however, an obscure and debated problem. The available data do not enable us to answer it decisively. It is one of those subtle and complex questions which can only be investigated properly by a gynecologist who is also a psychologist. Incidentally, however, we have met and shall have occasion to meet with evidence bearing on this question. It is sufficient to say here, briefly, that it is impossible to believe, even if no evidence were forthcoming, that the exercise or non-exercise of so vastly important a

function can make no difference to the organism generally. So far as the evidence goes, it may be said to indicate that the results of the abeyance of the sexual functions in healthy women in whom the sexual emotions have never been definitely aroused tend to be diffused and unconscious, as the sexual impulse itself often is, but that, in women in whom the sexual emotions have been definitely aroused and gratified, the results of sexual abstinence tend to be acute and conscious.

These acute results are at the present day very often due to premature ejaculation by nervous or neurasthenic husbands, the rapidity with which detumescence is reached in the husband allowing insufficient time for tumescence in the wife, who consequently fails to reach the orgasm. This has of late been frequently pointed out. Thus Kafemann (*Sexual-Probleme*, March, 1910, p. 194 *et seq.*) emphasizes the prevalence of sexual incompetence in men. Ferenczi, of Budapest (*Zentralblatt für Psychoanalyse*, 1910, ht. 1 and 2, p. 75), believes that the combination of neurasthenic husbands with resultantly nervous wives is extraordinarily common; even putting aside the neurasthenic, he considers it may be said that the whole male sex in relation to women suffer from precocious ejaculation. He adds that it is often difficult to say whether the lack of harmony may not be due to retarded orgasm in the woman. He regards the influence of masturbation in early life as tending to quicken orgasm in man, while when practised by the other sex it tends to slow orgasm, and thus increases the disharmony. He holds, however, that the chief cause lies in the education of women with its emphasis on sexual repression; this works too well and the result is that when the external impediments to the sexual impulse are removed the impulse has become incapable of normal action. Porosz (*British Medical Journal*, April 1, 1911) has brought forward cases of serious nervous trouble in women which have been dispersed when the sexual weakness and premature ejaculation of the husband have been cured.

The true nature of the passivity of the female is revealed by the ease with which it is thrown off, more especially when the male refuses to accept his cue. Or, if we prefer to accept the analogy of a game, we may say that in the play of courtship the first move belongs to the male, but that, if he fails to play, it is then the female's turn to play.

Among many birds the males at mating time fall into a state of sexual frenzy, but not the females. "I cannot call to mind a single case," states an authority on birds (H. E. Howard, *Zoölogist*, 1902, p. 146), "where I have seen anything approaching frenzy in the female of any species while mating."

Another great authority on birds, a very patient and skillful observer, Mr. Edmund Selous, remarks, however, in describing the courting habits of the ruffs and reeves (*Maohetes pugnax*) that, notwithstanding the passivity of the females beforehand, their movements during and after coitus show that they derive at least as much pleasure as the males. (E. Selous, "Selection in Birds," *Zoölogist*, Feb. and May, 1907.)

The same observer, after speaking of the great beauty of the male eider duck, continues: "These glorified males—there were a dozen of these, perhaps, to some six or seven females—swam closely about the latter, but more in attendance upon them than as actively pursuing them, for the females seemed themselves almost as active agents in the sport of being wooed as were their lovers in wooing them. The male bird first dipped down his head till his beak just touched the water, then raised it again in a constrained and tense manner,—the curious rigid action so frequent in the nuptial antics of birds,—at the same time uttering his strange haunting note. The air became filled with it; every moment one or other of the birds—sometimes several together—with upturned bill would softly laugh or exclaim, and while the males did this, the females, turning excitedly, and with little eager demonstrations from one to another of them, kept lowering and extending forward the head and neck in the direction of each in turn. . . . I noticed that a female would often approach a male bird with her head and neck laid flat along the water as though in a very 'coming on' disposition, and that the male bird declined her advances. This, taken in conjunction with the actions of the female when courted by the male, appears to me to raise a doubt as to the universal application of the law that throughout nature the male, in courtship, is eager, and the female coy. Here, to all appearances, courtship was proceeding, and the birds had not yet mated. The female eider ducks, however,—at any rate, some of them,—appeared to be anything but coy." (*Bird Watching*, pp. 144-146.)

Among moor-hens and great-crested grebes sometimes what Selous terms "functional hermaphroditism" occurs and the females play the part of the male toward their male companions, and then repeat the sexual act with a reversion to the normal order, the whole to the satisfaction of both parties. (E. Selous, *Zoölogist*, 1902, p. 196.)

It is not only among birds that the female sometimes takes the active part, but also among mammals. Among white rats, for instance, the males are exceptionally eager. Steinach, who has made many valuable experiments on these animals (*Archiv für die Gesamte Physiologie*, Bd. lvi, 1894, p. 319), tells us that, when a female white rat is introduced into the cage of a male, he at once leaves off eating, or whatever else he may be doing, becomes indifferent to noises or any

other source of distraction, and devotes himself entirely to her. If, however, he is introduced into her cage the new environment renders him nervous and suspicious, and then it is she who takes the active part, trying to attract him in every way. The impetuosity during heat of female animals of various species, when at length admitted to the male, is indeed well known to all who are familiar with animals.

I have referred to the frequency with which, in the human species, —and very markedly in early adolescence, when the sexual impulse is in a high degree unconscious and unrestrainedly instinctive,—similar manifestations may often be noted. We have to recognize that they are not necessarily abnormal and still less pathological. They merely represent the unseasonable apparition of a tendency which in due subordination is implied in the phases of courtship throughout the animal world. Among some peoples and in some stages of culture, tending to withdraw the men from women and the thought of women, this phase of courtship and this attitude assume a prominence which is absolutely normal. The literature of the Middle Ages presents a state of society in which men were devoted to war and to warlike sports, while the women took the more active part in love-making. The mediæval poets represent women as actively encouraging backward lovers, and as delighting to offer to great heroes the chastity they had preserved, sometimes entering their bed-chambers at night. Schultz (*Das Höfische Leben*, Bd. i, pp. 594-598) considers that these representations are not exaggerated. Cf. Krabbes, *Die Frau im Altfranzösischen Karls-Epos*, 1884, p. 20 *et seq.*; and M. A. Potter, *Sohrab and Rustem*, 1902, pp. 152-163.

Among savages and barbarous races in various parts of the world it is the recognized custom, reversing the more usual method, for the girl to take the initiative in courtship. This is especially so in New Guinea. Here the girls almost invariably take the initiative, and in consequence hold a very independent position. Women are always regarded as the seducers: "Women steal men." A youth who proposed to a girl would be making himself ridiculous, would be called a woman, and be laughed at by the girls. The usual method by which a girl proposes is to send a present to the youth by a third party, following this up by repeated gifts of food; the young man sometimes waits a month or two, receiving presents all the time, in order to assure himself of the girl's constancy before decisively accepting her advances. (A. C. Haddon, *Cambridge Expedition to Torres Straits*, vol. v, ch. viii; *id.*, "Western Tribes of Torres Straits," *Journal of the Anthropological Institute*, vol. xix, February, 1890, pp. 314, 356, 394, 395, 411, 413; *id.*, *Head Hunters*, pp. 158-164; R. E. Guise, "Tribes of the Wanigela River," *Journal of the Anthropological Institute*, new series, vol. i, February-May, 1899, p. 209.) Westermarck gives instances of

ances among whom the women take the initiative in courtship. (*History of Marriage*, p. 158; so also Finck, *Primitive Love and Love-stories*, 1899, p. 109 *et seq.*; and as regards Celtic women, see Rhys and Brynmor Jones, *The Welsh People*.)

There is another characteristic of great significance by which the sexual impulse in women differs from that in men: the widely unlike character of the physical mechanism involved in the process of coitus. Considering how obvious this difference is, it is strange that its fundamental importance should so often be underrated. In man the process of tumescence and detumescence is simple. In women it is complex. In man we have the more or less spontaneously erectile penis, which needs but very simple conditions to secure the ejaculation which brings relief. In women we have in the clitoris a corresponding apparatus on a small scale, but behind this has developed a much more extensive mechanism, which also demands satisfaction, and requires for that satisfaction the presence of various conditions that are almost antagonistic. Naturally the more complex mechanism is the more easily disturbed. It is the difference, roughly speaking, between a lock and a key. This analogy is far from indicating all the difficulties involved. We have to imagine a lock that not only requires a key to fit it, but should only be entered at the right moment, and, under the best conditions, may only become adjusted to the key by considerable use. The fact that the man takes the more active part in coitus has increased these difficulties; the woman is too often taught to believe that the whole function is low and impure, only to be submitted to at her husband's will and for his sake, and the man has no proper knowledge of the mechanism involved and the best way of dealing with it. The grossest brutality thus may be, and not infrequently is, exercised in all innocence by an ignorant husband who simply believes that he is performing his "marital duties." For a woman to exercise this physical brutality on a man is with difficulty possible; a man's pleasurable excitement is usually the necessary condition of the woman's sexual gratification. But the reverse is not the case, and, if the man is sufficiently ignorant or

sufficiently coarse-grained to be satisfied with the woman's submission, he may easily become to her, in all innocence, a cause of torture.

To the man coitus must be in some slight degree pleasurable or it cannot take place at all. To the woman the same act which, under some circumstances, in the desire it arouses and the satisfaction it imparts, will cause the whole universe to shrivel into nothingness, under other circumstances will be a source of anguish, physical and mental. This is so to some extent even in the presence of the right and fit man. There can be no doubt whatever that the mucus which is so profusely poured out over the external sexual organs in woman during the excitement of sexual desire has for its end the lubrication of the parts and the facilitation of the passage of the intromittent organ. The most casual inspection of the cold, contracted, dry vulva in its usual aspect and the same when distended, hot, and moist suffices to show which condition is and which is not that ready for intercourse, and until the proper condition is reached it is certain that coitus should not be attempted.

The varying sensitiveness of the female parts again offers difficulties. Sexual relations in women are, at the onset, almost inevitably painful; and to some extent the same experience may be repeated at every act of coitus. Ordinary tactile sensibility in the female genitourinary region is notably obtuse, but at the beginning of the sexual act there is normally a hyperesthesia which may be painful or pleasurable as excitement culminates, passing into a seeming anesthesia, which even craves for rough contact; so that in sexual excitement a woman normally displays in quick succession that same quality of sensibility to superficial pressure and insensibility to deep pressure which the hysterical woman exhibits simultaneously.

Thus we see that a highly important practical result follows from the greater complexity of the sexual apparatus in women and the greater difficulty with which it is aroused. In coitus the orgasm tends to occur more slowly in women than in men. It may easily happen that the whole process of de-

tumescence is completed in the man before it has begun in his partner, who is left either cold or unsatisfied. This is one of the respects in which women remain nearer than men to the primitive stage of humanity.

In the Hippocratic treatise, *Of Generation*, it is stated that, while woman has less pleasure in coitus than man, her pleasure lasts longer. (*Œuvres d'Hippocrate*, edition Littré, vol. vii, p. 477.)

Beaunis considers that the slower development of the orgasm in women is the only essential difference in the sexual process in men and women. (Beaunis, *Les Sensations Internes*, 1889, p. 151.) This characteristic of the sexual impulse in women, though recognized for so long a period, is still far too often ignored or unknown. There is even a superstition that injurious results may follow if the male orgasm is not effected as rapidly as possible. That this is not so is shown by the experiences of the Oneida community in America, who in their system of sexual relationship carried prolonged intercourse without ejaculation to an extreme degree. There can be no doubt whatever that very prolonged intercourse gives the maximum amount of pleasure and relief to the woman. Not only is this the very decided opinion of women who have experienced it, but it is also indicated by the well-recognized fact that a woman who repeats the sexual act several times in succession often experiences more intense orgasm and pleasure with each repetition.

This point is much better understood in the East than in the West. The prolongation of the man's excitement, in order to give the woman time for orgasm, is, remarks Sir Richard Burton (*Arabian Nights*, vol. v, p. 76), much studied by Moslems, as also by Hindoos, who, on this account, during the orgasm seek to avoid overtension of muscles and to preoccupy the brain. During coitus they will drink sherbet, chew betel-nut, and even smoke. Europeans devote no care to this matter, and Hindoo women, who require about twenty minutes to complete the act, contemptuously call them "village cocks." I have received confirmation of Burton's statements on this point from medical correspondents in India.

While the European desires to perform as many acts of coitus in one night as possible, Breitenstein remarks, the Malay, as still more the Javanese, wishes, not to repeat the act many times, but to prolong it. His aim is to remain in the vagina for about a quarter of an hour. Unlike the European, also, he boasts of the pleasure he has given his partner far more than of his own pleasure. (Breitenstein, *21 Jahre in India*, theil i, "Borneo," p. 228.)

Jäger (*Entdeckung der Seele*, second edition, vol. i, 1884, p. 203), as quoted by Moll, explains the preference of some women for castrated

men as due, not merely to the absence of risk of impregnation, but to the prolonged erections that take place in the castrated. Aly-Belfidel remarks (*Archivio di Psichiatria*, 1903, p. 117) that he knows women who prefer old men in coitus simply because of their delay in ejaculation which allows more time to the women to become excited.

A Russian correspondent living in Italy informs me that a Neapolitan girl of 17, who had only recently ceased to be a virgin, explained to him that she preferred *coitus in ore vulve* to real intercourse because the latter was over before she had time to obtain the orgasm (or, as she put it, "the big bird has fled from the cage and I am left in the lurch"), while in the other way she was able to experience the orgasm twice before her partner reached the climax. "This reminds me," my correspondent continues, "that a Milanese cocotte once told me that she much liked intercourse with Jews because, on account of the circumcised penis being less sensitive to contact, they ejaculate more slowly than Christians. 'With Christians,' she said, 'it constantly happens that I am left unsatisfied because they ejaculate before me, while in coitus with Jews I sometimes ejaculate twice before the orgasm occurs in my partner, or, rather, I hold back the second orgasm until he is ready.' This is confirmed," my correspondent continues, "by what I was told by a Russian Jew, a student at the Zürich Polytechnic, who had a Russian comrade living with a mistress, also a Russian student, or pseudostudent. One day the Jew, going early to see his friend, was told to enter by a woman's voice and found his friend's mistress alone and in her chemise beside the bed. He was about to retire, but the young woman bade him stay and in a few minutes he was in bed with her. She told him that her lover had just gone away and that she never had sexual relief with him because he always ejaculated too soon. That morning he had left her so excited and so unrelieved that she was just about to masturbate—which she rarely did because it gave her headache—when she heard the Jew's voice, and, knowing that Jews are slower in coitus than Christians, she had suddenly resolved to give herself to him."

I am informed that the sexual power of negroes and slower ejaculation (see Appendix A) are the cause of the favor with which they are viewed by some white women of strong sexual passions in America, and by many prostitutes. At one time there was a special house in New York City to which white women resorted for these "buck lovers"; the women came heavily veiled and would inspect the penises of the men before making their selection.

It is thus a result of the complexity of the sexual mechanism in women that the whole attitude of a woman toward

the sexual relationship is liable to be affected disastrously by the husband's lack of skill or consideration in initiating her into this intimate mystery. Normally the stage of apparent repulsion and passivity, often associated with great sensitiveness, physical and moral, passes into one of active participation and aid in the consummation of the sexual act. But if, from whatever cause, there is partial arrest on the woman's side of this evolution in the process of courtship, if her submission is merely a mental and deliberate act of will, and not an instinctive and impulsive participation, there is a necessary failure of sexual relief and gratification. When we find that a woman displays a certain degree of indifference in sexual relationships, and a failure of complete gratification, we have to recognize that the fault may possibly lie, not in her, but in the defective skill of a lover who has not known how to play successfully the complex and subtle game of courtship. Sexual coldness due to the shock and suffering of the wedding-night is a phenomenon that is far too frequent.¹ Hence it is that many women may never experience sexual gratification and relief, through no defect on their part, but through the failure of the husband to understand the lover's part. We make a false analogy when we compare the courtship of animals exclusively with our own courtships before marriage. Courtship, properly understood, is the process whereby both the male and the female are brought into that state of sexual tumescence which is a more or less necessary condition for sexual intercourse. The play of courtship cannot, therefore, be considered to be definitely brought to an end by the ceremony of marriage; it may more properly be regarded as the natural preliminary to every act of coitus.

Tumescence is not merely a more or less essential condition for proper sexual intercourse. It is probably of more fundamental significance as one of the favoring conditions of impregnation. This has,

¹ A well-known gynecologist writes from America: "Abhorrence due to suffering on first nights I have repeatedly seen. One very marked case is that of a fine womanly young woman with splendid figure; she is a very good woman, and admires her husband, but, though she tries to develop desire and passion, she cannot succeed. I fear the man will some day appear who will be able to develop the latent feelings."

indeed, been long recognized. Van Swieten, when consulted by the childless Maria Theresa, gave the opinion "Ego vero censeo, vulvam Sacratissimæ Majestatis ante coitum diutius esse titillandam," and thereafter she had many children. "I think it very nearly certain," Matthews Duncan wrote (*Goulstonian Lectures on Sterility in Woman*, 1884, p. 96), "that desire and pleasure in due or moderate degree are very important aids to, or predisposing causes of, fecundity," as bringing into action the complicated processes of fecundation. Hirst (*Text-book of Obstetrics*, 1899, p. 67) mentions the case of a childless married woman who for six years had had no orgasm during intercourse; then it occurred at the same time as coitus, and pregnancy resulted.

Kisch is very decidedly of the same opinion, and considers that the popular belief on this point is fully justified. It is a fact, he states, that an unfaithful wife is more likely to conceive with her lover than with her husband, and he concludes that, whatever the precise mechanism may be, "sexual excitement on the woman's part is a necessary link in the chain of conditions producing impregnation." (E. H. Kisch, *Die Sterilität des Weibes*, 1886, p. 99.) Kisch believes (p. 103) that in the majority of women sexual pleasure only appears gradually, after the first cohabitation, and then develops progressively, and that the first conception usually coincides with its complete awakening. In 556 cases of his own the most frequent epoch of first impregnation was found to be between ten and fifteen months after marriage.

The removal of sexual frigidity thus becomes a matter of some importance. This removal may in some cases be effected by treatment through the husband, but that course is not always practicable. Dr. Douglas Bryan, of Leicester, informs me that in several cases he has succeeded in removing sexual coldness and physical aversion in the wife by hypnotic suggestion. The suggestions given to the patient are "that all her womanly natural feelings would be quickly and satisfactorily developed during coitus; that she would experience no feeling of disgust and nausea, would have no fear of the orgasm not developing; that there would be no involuntary resistance on her part." The fact that such suggestions can be permanently effective tends to show how superficial the sexual "anesthesia" of women usually is.

Not only, therefore, is the apparatus of sexual excitement in women more complex than in men, but—in part, possibly as a result of this greater complexity—it much more frequently requires to be actively aroused. In men tumescence tends to occur almost spontaneously, or under the simple influence of accumulated semen. In women, also, especially in those who live

a natural and healthy life, sexual excitement also tends to occur spontaneously, but by no means so frequently as in men. The comparative rarity of sexual dreams in women who have not had sexual relationships alone serves to indicate this sexual difference. In a very large number of women the sexual impulse remains latent until aroused by a lover's caresses. The youth spontaneously becomes a man; but the maiden—as it has been said—"must be kissed into a woman."

One result of this characteristic is that, more especially when love is unduly delayed beyond the first youth, this complex apparatus has difficulty in responding to the unfamiliar demands of sexual excitement. Moreover, delayed normal sexual relations, when the sexual impulse is not absolutely latent, tend to induce all degrees of perverted or abnormal sexual gratification, and the physical mechanism when trained to respond in other ways often fails to respond normally when, at last, the normal conditions of response are presented. In all these ways passivity and even aversion may be produced in the conjugal relationship. The fact that it is almost normally the function of the male to arouse the female, and that the greater complexity of the sexual mechanism in women leads to more frequent disturbance of that mechanism, produces a simulation of organic sexual coldness which has deceived many.

An instructive study of cases in which the sexual impulse has been thus perverted has been presented by Smith Baker ("The Neuropsychical Element in Conjugal Aversion," *Journal of Nervous and Mental Disease*, vol. xvii, September, 1892). Raymond and Janet, who believes that sexual coldness is extremely frequent in marriage, and that it plays an important part in the causation of physical and moral troubles, find that it is most often due to masturbation. (*Les Obsessions*, vol. ii, p. 307.) Adler, after discussing the complexity of the feminine sexual mechanism, and the difficulty which women find in obtaining sexual gratification in normal coitus, concludes that "masturbation is a frequent, perhaps the most frequent, cause of defective sexual sensibility in women." (*Op. cit.*, p. 119.) He remarks that in women masturbation usually has less resemblance to normal coitus than in men and involves very frequently the special excitation of parts which are not the chief focus of excitement in coitus, so that coitus fails

to supply the excitation which has become habitual (pp. 113-116). In the discussion of "Auto-erotism" in the first volume of these *Studies*, I had already referred to the divorce between the physical and the ideal sides of love which may, especially in women, be induced by masturbation.

Another cause of inhibited sexual feeling has been brought forward. A married lady with normal sexual impulse states (*Sexual-Probleme*, April, 1912, p. 290) that she cannot experience orgasm and sexual satisfaction when the intercourse is not for conception. This is a psychic inhibition independent of any disturbance due to the process of prevention. She knows other women who are similarly affected. Such an inhibition must be regarded as artificial and abnormal, since the final result of sexual intercourse, under natural and normal conditions, forms no essential constituent of the psychic process of intercourse.

As a result of the fact that in women the sexual emotions tend not to develop great intensity until submitted to powerful stimulation, we find that the maximum climax of sexual emotion tends to fall somewhat later in a woman's life than in a man's. Among animals generally there appears to be frequently traceable a tendency for the sexual activities of the male to develop at a somewhat earlier age than those of the female. In the human species we may certainly trace the same tendency. As the great physiologist, Burdach, pointed out, throughout nature, with the accomplishment of the sexual act the part of the male in the work of generation comes to an end; but that act represents only the beginning of a woman's generative activity.

A youth of 20 may often display a passionate ardor in love which is very seldom indeed found in women who are under 25. It is rare for a woman, even though her sexual emotions may awaken at puberty or earlier, to experience the great passion of her life until after the age of 25 has been passed. In confirmation of this statement, which is supported by daily observation, it may be pointed out that nearly all the most passionate love-letters of women, as well as their most passionate devotions, have come from women who had passed, sometimes long passed, their first youth. When Heloise wrote to Abelard the first of the letters which have come down to us she was at least 32. Made-moiselle Aissé's relation with the Chevalier began when she was

32, and when she died, six years later, the passion of each was at its height. Mary Wollstonecraft was 34 when her love-letters to Imlay began, and her child was born in the following year. Mademoiselle de Lespinasse was 43 when she began to write her letters to M. de Guibert. In some cases the sexual impulse may not even appear until after the period of the menopause has been passed.¹

In Roman times Ovid remarked (*Ars Amatoria*, lib. ii) that a woman fails to understand the art of love until she has reached the age of 35. "A girl of 18," said Stendhal (*De l'Amour*, ch. viii), "has not the power to crystallize her emotions; she forms desires that are too limited by her lack of experience in the things of life, to be able to love with such passion as a woman of 28." "Sexual needs," said Restif de la Bretonne (*Monsieur Nicolas*, vol. xi, p. 221), "often only appears in young women when they are between 26 and 27 years of age; at least, that is what I have observed."

Erb states that it is about the middle of the twenties that women begin to suffer physically, morally, and intellectually from their sexual needs. Nyström (*Das Geschlechtsleben*, p. 163) considers that it is about the age of 30 that a woman first begins to feel conscious of sex needs. In a case of Adler's (*op. cit.*, p. 141), sexual feelings first appeared after the birth of the third child, at the age of 30. Forel (*Die Sexuelle Frage*, 1906, p. 219) considers that sexual desire in woman is often strongest between the ages of 30 and 40. Leith Napier (*Menopause*, p. 94) remarks that from 28 to 30 is often an important age in woman who have retained their virginity, erotism then appearing with the full maturity of the nervous system. Yellowlees (art. "Masturbation," *Dictionary of Psychological Medicine*), again, states that at about the age of 33 some women experience great sexual irritability, often resulting in masturbation. Audiffrent (*Archives d'Anthropologie Criminelle*, Jan. 15, 1902, p. 3) considers that it is toward the age of 30 that a woman reaches her full moral and physical development, and that at this period her emotional and idealizing impulses reach a degree of intensity which is sometimes

¹ It is curious that, while the sexual impulse in women tends to develop at a late age more frequently than in men, it would also appear to develop more frequently at a very early age than in the other sex. The majority of cases of precocious sexual development seems to be in female children. W. Roger Williams ("Precocious Sexual Development," *British Gynaecological Journal*, May, 1902) finds that 80 such cases have been recorded in females and only 20 in males, and, while 13 is the earliest age at which boys have proved virile, girls have been known to conceive at 8.

irresistible. It has already been mentioned that Matthews Duncan's careful inquiries showed that it is between the ages of 30 and 34 that the largest proportion of women experience sexual desire and sexual pleasure. It may be remarked, also, that while the typical English novelists, who have generally sought to avoid touching the deeper and more complex aspects of passion, often choose very youthful heroines, French novelists, who have frequently had a predilection for the problems of passion, often choose heroines who are approaching the age of 30.

Hirschfeld (*Von Wesen der Liebe*, p. 26) was consulted by a lady who, being without any sexual desires or feelings, married an inverted man in order to live with him a life of simple comradeship. Within six months, however, she fell violently in love with her husband, with the full manifestation of sexual feelings and accompanying emotions of jealousy. Under all the circumstances, however, she would not enter into sexual relationship with her husband, and the torture she endured became so acute that she desired to be castrated. In this connection, also, I may mention a case, which has been communicated to me from Glasgow, of a girl—strong and healthy and menstruating regularly since the age of 17—who was seduced at the age of 20 without any sexual desire on her part, giving birth to a child nine months later. Subsequently she became a prostitute for three years, and during this period had not the slightest sexual desire or any pleasure in sexual connection. Thereafter she met a poor lad with whom she has full sexual desire and sexual pleasure, the result being that she refuses to go with any other man, and consequently is almost without food for several days every week.

The late appearance of the great climax of sexual emotion in women is indicated by a tendency to nervous and psychic disturbances between the ages of 25 and about 33, which has been independently noted by various alienists (though it may be noted that 25 to 30 is not an unusual age for first attacks of insanity in men also). Thus, Krafft-Ebing states that adult unmarried women between the ages of 25 and 30 often show nervous symptoms and peculiarities. (Krafft-Ebing, "Ueber Neurosen und Psychosen durch Sexuelle Abstinenz," *Jahrbücher für Psychiatrie*, Bd. viii, ht. 1-4, 1888.) Pitres and Régis find also (*Comptes-rendus XII^e Congrès International de Médecine*, Moscow, 1897, vol. iv, p. 45) that obsessions, which are commoner in women than in men and are commonly connected in their causation with strong moral emotion, occur in women chiefly between the ages of 26 and 30, though in men much earlier. The average age at which in England women inebriates begin drinking in excess is 26. (*British Medical Journal*, Sept. 2, 1911, p. 518.)

A case recorded by Sérieux is instructive as regards the development of the sexual impulse, although it comes within the sphere of mental disorder. A woman of 32 with bad heredity had in childhood had weak health and become shy, silent, and fond of solitude, teased by her companions and finding consolation in hard work. Though very emotional, she never, even in the vaguest form, experienced any of those feelings and aspirations which reveal the presence of the sexual impulse. She had no love of dancing and was indifferent to any embraces she might chance to receive from young men. She never masturbated or showed inverted feelings. At the age of 23 she married. She still, however, experienced no sexual feelings; twice only she felt a faint sensation of pleasure. A child was born, but her home was unhappy on account of her husband's drunken habits. He died and she worked hard for her own living and the support of her mother. Then at the age of 31 a new phase occurs in her life: she falls in love with the master of her workshop. It was at first a purely psychic affection, without any mixture of physical elements; it was enough to see him, and she trembled when she touched anything that belonged to him. She was constantly thinking about him; she loved him for his eyes, which seemed to her those of her own child, and especially for his intelligence. Gradually, however, the lower nervous centers began to take part in these emotions; one day in passing her the master chanced to touch her shoulder; this contact was sufficient to produce sexual turbulence. She began to masturbate daily, thinking of her master, and for the first time in her life she desired coitus. She evoked the image of her master so constantly and vividly that at last hallucinations of sight, touch, and hearing appeared, and it seemed to her that he was present. These hallucinations were only with difficulty dissipated. (P. Sérieux, *Les Anomalies de l'Instinct Sexuel*, 1888, p. 50.) This case presents in an insane form a phenomenon which is certainly by no means uncommon and is very significant. Up to the age of 31 we should certainly have been forced to conclude that this woman was sexually anesthetic to an almost absolute degree. In reality, we see this was by no means the case. Weak health, hard work, and a brutal husband had prolonged the latency of the sexual emotions; but they were there, ready to explode with even insane intensity (this being due to the unsound heredity) in the presence of a man who appealed to these emotions.

In connection with the late evolution of the sexual emotions in women reference may be made to what is usually termed "old maid's insanity," a condition not met with in men. In these cases, which are not, indeed, common, single women who have led severely strict and virtuous lives, devoting themselves to religious or intellectual work

and carefully repressing the animal side of their natures, at last, just before the climacteric, experience an awakening of the erotic impulse; they fall in love with some unfortunate man, often a clergyman, persecute him with their attentions, and frequently suffer from the delusion that he reciprocates their affections.

When once duly aroused, there cannot usually be any doubt concerning the strength of the sexual impulse in normal and healthy women. There would, however, appear to be a distinct difference between the sexes at this point also. Before sexual union the male tends to be more ardent; after sexual union it is the female who tends to be more ardent. The sexual energy of women, under these circumstances, would seem to be the greater on account of the long period during which it has been dormant.

Sinibaldus in the seventeenth century, in his *Geneanthropica*, argued that, though women are cold at first, and aroused with more difficulty and greater slowness than men, the flame of passion spreads in them the more afterward, just as iron is by nature cold, but when heated gives a great degree of heat. Similarly Mandeville said of women that "their passions are not so easily raised nor so suddenly fixed upon any particular object; but when this passion is once rooted in women it is much stronger and more durable than in men, and rather increases than diminishes by enjoying the person of the beloved." (*A Modest Defence of Public Stews*, 1724, p. 34.) Burdach considered that women only acquire the full enjoyment of their general strength after marriage and pregnancy, while it is before marriage that men have most vigor. Schopenhauer also said that a man's love decreases with enjoyment, and a woman's increases. And Ellen Key has remarked (*Love and Marriage*) that "where there is no mixture of Southern blood it is a long time, sometimes indeed not till years after marriage that the senses of the Northern women awake to consciousness."

Even among animals this tendency seems to be manifested. Edmund Selous (*Bird Watching*, p. 112) remarks, concerning sea-gulls: "Always, or almost always, one of the birds—and this I take to be the female—is more eager, has a more soliciting manner and tender begging look than the other. It is she who, as a rule, draws the male bird on. She looks fondly up at him, and, raising her bill to his, as though beseeching a kiss, just touches with it, in raising, the feathers of the throat—an action light, but full of endearment. And in every way she shows herself the most desirous, and, in fact, so worries and pesters the poor male gull that often, to avoid her importunities, he flies away. This may seem odd, but I have seen other instances of it. No doubt,

in actual courting, before the sexes are paired, the male bird is usually the most eager, but after marriage the female often becomes the wooer. Of this I have seen some marked instances." Selous mentions especially the plover, kestrel hawk, and rook.

In association with the fact that women tend to show an increase of sexual ardor after sexual relationships have been set up may be noted the probably related fact that sexual intercourse is undoubtedly less injurious to women than to men. Other things being equal, that is to say, the threshold of excess is passed very much sooner by the man than by the woman. This was long ago pointed out by Montaigne. The ancient saying, "*Omne animal post coitum triste*," is of limited application at the best, but certainly has little reference to women.¹ Alacrity, rather than languor, as Robin has truly observed,² marks a woman after coitus, or, as a medical friend of my own has said, a woman then goes about the house singing.³ It is, indeed, only after intercourse with a woman for whom, in reality, he feels contempt that a man experiences that revulsion of feeling described by Shakespeare (sonnet cxxix). Such a passage should not be quoted, as it sometimes has been quoted, as the representation of a normal phenomenon. But, with equal gratification on both sides, it remains true that, while after a single coitus the man may experience a not unpleasant lassitude and readiness for sleep, this is rarely the case with his partner, for whom a single coitus is often but a pleasant stimulus, the climax of satisfaction not being reached until a second or subsequent act of intercourse. "Excess in venery," which, rightly or wrongly, is set down as the cause of so many evils in men, seldom, indeed, appears in connection with women, although in every act of venery the woman has taken part.⁴

¹ I find the same remark made by Plazzonus in the seventeenth century.

² Art. "Fécondation," *Dictionnaire encyclopédique des sciences médicales*.

³ This also is an ancient remark, for in the early treatise *De Secretis Mulierum*, once attributed to Michael Scot, it is stated, concerning the woman who finds pleasure in coitus, "cantat libenter."

⁴ It is scarcely necessary to add that prostitutes can furnish little evidence one way or the other. Not only may prostitutes refuse to par-

That women bear sexual excesses better than men was noted by Cabanis and other early writers. Alienists frequently refer to the fact that women are less liable to be affected by insanity following such excesses. (See, e.g., Maudsley, "Relations between Body and Mind," *Lancet*, May 28, 1870; and G. Savage, art. "Marriage and Insanity" in *Dictionary of Psychological Medicine*.) Trousseau remarked on the fact that women are not exhausted by repeated acts of coitus within a short period, notwithstanding that the nervous excitement in their case is as great, if not greater, and he considered that this showed that the loss of semen is a cause of exhaustion in men. Löwenfeld (*Sexualleben und Nervenleiden*, pp. 74, 153) states that there cannot be question that the nervous system in women is less influenced by the after-effects of coitus than in men. Not only, he remarks, are prostitutes very little liable to suffer from nervous overstimulation, and neurasthenia and hysteria when occurring in them be easily traceable to other causes, but "healthy women who are not given to prostitution, when they indulge in very frequent sexual intercourse, provided it is practised normally, do not experience the slightest injurious effect. I have seen many young married couples where the husband had been reduced to a pitiable condition of nervous prostration and general discomfort by the zeal with which he had exercised his marital duties, while the wife had been benefited and was in the uninterrupted enjoyment of the best health." This experience is by no means uncommon.

A correspondent writes: "It is quite true that the threshold of excess is less easily reached by women than by men. I have found that women can reach the orgasm much more frequently than men. Take an ordinary case. I spend two hours with ——. I have the orgasm 3 times, with difficulty; she has it 6 or 8, or even 10 or 12, times. Women can also experience it a second or third time in succession, with no interval between. Sometimes the mere fact of realizing that the man is having the orgasm causes the woman to have it also, though it is true that a woman usually requires as many minutes to develop the orgasm as a man does seconds." I may also refer to the case recorded in another part of this volume in which a wife had the orgasm 26 times to her husband's twice.

Hutchinson, under the name of postmarital amblyopia (*Archives of Surgery*, vol. iv, p. 200), has described a condition occurring in men in good health who soon after marriage become nearly blind, but recover as soon as the cause is removed. He mentions no cases in women

ticipate in the sexual orgasm, but the evils of a prostitute's life are obviously connected with causes quite other than mere excess of sexual gratification.

due to coitus, but finds that in women some failure of sight may occur after parturition.

Nücke states that, in his experience, while masturbation is, apparently, commoner in insane men than in insane women, masturbation repeated several times a day is much commoner in the women. (P. Nücke, "Die Sexuellen Perversitäten in der Irrenanstalt," *Psychiatrische Bladen*, 1899, No. 2.)

Great excesses in masturbation seem also to be commoner among women who may be said to be sane than among men. Thus, Bloch (*New Orleans Medical Journal*, 1896) records the case of a young married woman of 25, of bad heredity, who had suffered from almost lifelong sexual hyperesthesia, and would masturbate fourteen times daily during the menstrual periods.

With regard to excesses in coitus the case may be mentioned of a country girl of 17, living in a rural district in North Carolina where prostitution was unknown, who would cohabit with men almost openly. On one Sunday she went to a secluded school-house and let three or four men wear themselves out cohabiting with her. On another occasion, at night, in a field, she allowed anyone who would to perform the sexual act, and 25 men and boys then had intercourse with her. When seen she was much prostrated and with a tendency to spasm, but quite rational. Subsequently she married and attacks of this nature became rare.

Mr. Lawson made an "attested statement" of what he had observed among the Marquesan women. "He mentions one case in which he heard a parcel of boys next morning count over and *name* 103 men who during the night had intercourse with *one* woman." (*Medico-Chirurgical Review*, 1871, vol. ii, p. 360, apparently quoting Chevers.) This statement seems open to question, but, if reliable, would furnish a case which must be unique.

There is a further important difference, though intimately related to some of the differences already mentioned, between the sexual impulse in women and in men. In women it is at once larger and more diffused. As Sinibaldus long ago said, the sexual pleasure of men is intensive, of women extensive. In men the sexual impulse is, as it were, focused to a single point. This is necessarily so, for the whole of the essentially necessary part of the male in the process of human procreation is confined to the ejaculation of semen into the vagina. But in women, mainly owing to the fact that women are the child-bearers, in place of one primary sexual center and one primary erogenous

region, there are at least three such sexual centers and erogenous regions: the clitoris (corresponding to the penis), the vaginal passage up to the womb, and the nipple. In both sexes there are other secondary and reflex centers, but there is good reason for believing that these are more numerous and more widespread in women than in men.¹ How numerous the secondary sexual centers in women may be is indicated by the case of a woman mentioned by Moraglia, who boasted that she knew fourteen different ways of masturbating herself.

This great diffusion of the sexual impulse and emotions in women is as visible on the psychic as on the physical side. A woman can find sexual satisfaction in a great number of ways that do not include the sexual act proper, and in a great number of ways that apparently are not physical at all, simply because their physical basis is diffused or is to be found in one of the outlying sexual zones.

It is, moreover, owing to the diffused character of the sexual emotions in women that it so often happens that emotion really having a sexual origin is not recognized as such even by the woman herself. It is possible that the great prevalence in women of the religious emotional state of "storm and stress," noted by Professor Starbuck,² is largely due to unemployed sexual impulse. In this and similar ways it happens that the magnitude of the sexual sphere in woman is unrealized by the careless observer.

¹ This is, for instance, indicated by the experiments of Gualino concerning the sexual sensitiveness of the lips (*Archivio di Psichiatria*, 1904, fasc. 3). He found that mechanical irritation applied to the lips produced more or less sexual feeling in 12 out of 20 women, but in only 10 out of 25 men, i.e., in three-fifths of the women and two-fifths of the men.

² "Adolescence is for women primarily a period of storm and stress, while for men it is in the highest sense a period of doubt." (Starbuck, *Psychology of Religion*, p. 241.) It is interesting to note that in the religious sphere, also, the emotions of women are more diffused than those of men; Starbuck confirms the conclusion of Professor Coe that, while women have at least as much religious emotion as men, in them it is more all-pervasive, and they experience fewer struggles and acute crises. (*Ibid.*, p. 80.)

A number of converging facts tend to indicate that the sexual sphere is larger, and more potent in its influence on the organism, in women than in men. It would appear that among the males and females of lower animals the same difference may be found. It is stated that in birds there is a greater flow of blood to the ovaries than to the testes.

In women the system generally is more affected by disturbances in the sexual sphere than in men. This appears to be the case as regards the eye. "The influence of the sexual system upon the eye in man," Power states, "is far less potent, and the connection, in consequence, far less easy to trace than in woman." (H. Power, "Relation of Ophthalmic Disease to the Sexual Organs," *Lancet*, November 26, 1887.)

The greater predominance of the sexual system in women on the psychic side is clearly brought out in insane conditions. It is well known that, while satyriasis is rare, nymphomania is comparatively common. These conditions are probably often forms of mania, and in mania, while sexual symptoms are common in men, they are often stated to be the rule in women (see, e.g., Krafft-Ebing, *Psychopathia Sexualis*, tenth edition, English translation, p. 465). Bouchereau, in noting this difference in the prevalence of sexual manifestations during insanity, remarks that it is partly due to the naturally greater dependence of women on the organs of generation, and partly to the more active, independent, and laborious lives of men; in his opinion, satyriasis is specially apt to develop in men who lead lives resembling those of women. (Bouchereau, art. "Satyriasis," *Dictionnaire encyclopédique des sciences médicales*.) Again, postconnubial insanity is very much commoner in women than in men, a fact which may indicate the more predominant part played by the sexual sphere in women. (Savage, art. "Marriage and Insanity," *Dictionary of Psychological Medicine*.)

Insanity tends to remove the artificial inhibitory influences that rule in ordinary life, and there is therefore significance in such a fact as that the sexual appetite is often increased in general paralysis and to a notable extent in women. (Pactet and Colin, *Les Aliénés devant la Justice*, 1902, p. 122.)

Näcke, from his experiences among the insane, makes an interesting and possibly sound distinction regarding the character of the sexual manifestations in the two sexes. Among men he finds these manifestations to be more of a reflex and purely spinal nature and chiefly manifested in masturbation; in women he finds them to be of a more cerebral character, and chiefly manifested in erotic gestures, lascivious conversation, etc. The sexual impulse would thus tend to involve to a greater extent the higher psychic region in women than in men.

Forel likewise (*Die Sexuelle Frage*, 1906, p. 276), remarking on the much greater prevalence of erotic manifestations among insane women than insane men (and pointing out that it is by no means due merely to the presence of a male doctor, for it remains the same when the doctor is a woman), considers that it proves that in women the sexual impulse resides more prominently in the higher nervous centers and in men in the lower centers. (As regards the great prevalence of erotic manifestations among the female insane, I may also refer to Clavey's interesting observations, "The Sexes in Lunacy," *St. Bartholomew's Hospital Reports*, vol. xxiv, 1888; also quoted in Havelock Ellis, *Man and Woman*, p. 370 *et seq.*) Whether or not we may accept Nücke's and Forel's interpretation of the facts, which is at least doubtful, there can be little doubt that the sexual impulse is more fundamental in women. This is indicated by Nücke's observation that among idiots sexual manifestations are commoner in females than in males. Of 16 idiot girls, of the age of 16 and under, 15 certainly masturbated, sometimes as often as fourteen times a day, while the remaining girl probably masturbated; but of 25 youthful male idiots only 1 played with his penis. (P. Nücke, "Die Sexuellen Perversitäten in der Irrenanstalt," *Psychiatrische Blätter*, 1899, No. 2, pp. 9, 12.) On the physical side Bourneville and Sollier found (*Progrès médical*, 1888) that puberty is much retarded in idiot and imbecile boys, while J. Voisin (*Annales d'Hygiène Publique*, June, 1894) found that in idiot and imbecile girls, on the contrary, there is no lack of full sexual development or retardation of puberty, while masturbation is common. In women, it may be added, as Ball pointed out (*Folie érotique*, p. 40), sexual hallucinations are especially common, while under the influence of anesthetics erotic manifestations and feelings are frequent in women, but rare in men. (Havelock Ellis, *Man and Woman*, p. 256.)

The fact that the first coitus has a much more profound moral and psychic influence on a woman than on a man would also seem to indicate how much more fundamental the sexual region is in women. The fact may be considered as undoubted. (It is referred to by Marro, *La Puberté*, p. 460.) The mere physical fact that, while in men coitus remains a merely exterior contact, in women it involves penetration into the sensitive and virginal interior of the body would alone indicate this difference.

We are told that in the East there was once a woman named Moârbeda who was a philosopher and considered to be the wisest woman of her time. When Moârbeda was once asked: "In what part of a woman's body does her mind reside?" she replied: "Between her thighs." To many women,—perhaps, in-

deed, we might even say to most women,—to a certain extent may be applied—and in no offensive sense—the dictum of the wise woman of the East; in a certain sense their brains are in their wombs. Their mental activity may sometimes seem to be limited; they may appear to be passing through life always in a rather inert or dreamy state; but, when their sexual emotions are touched, then at once they spring into life; they become alert, resourceful, courageous, indefatigable. “But when I am not in love I am nothing!” exclaimed a woman when reproached by a French magistrate for living with a thief. There are many women who could truly make the same statement, not many men. That emotion, which, one is tempted to say, often unmans the man, makes the woman for the first time truly herself.

“Women are more occupied with love than men,” wrote De Sénancour (*De l'Amour*, vol. ii, p. 59); “it shows itself in all their movements, animates their looks, gives to their gestures a grace that is always new, to their smiles and voices an inexpressible charm; they live for love, while many men in obeying love feel that they are forgetting themselves.”

Restif de la Bretonne (*Monsieur Nicolas*, vol. vi, p. 223) quotes a young girl who well describes the difference which love makes to a woman: “Before I vegetated; now all my actions have a motive, an end; they have become important. When I wake my first thought is ‘Someone is occupied with me and desires me.’ I am no longer alone, as I was before; another feels my existence and cherishes it,” etc.

“One is surprised to see in the south,” remarks Bonstetten, in his suggestive book, *L'Homme du Midi et l'Homme du Nord* (1824),—and the remark by no means applies only to the south,—“how love imparts intelligence even to those who are most deficient in ideas. An Italian woman in love is inexhaustible in the variety of her feelings, all subordinated to the supreme emotion which dominates her. Her ideas follow one another with prodigious rapidity, and produce a lambent play which is fed by her heart alone. If she ceases to love, her mind becomes merely the scoria of the lava which yesterday had been so bright.”

Cabanis had already made some observations to much the same effect. Referring to the years of nubility following puberty, he remarks: “I have very often seen the greatest fecundity of ideas, the most brilliant imagination, a singular aptitude for the arts, suddenly develop in girls of this age, only to give place soon afterward to the most absolute mental mediocrity.” (Cabanis, “De l'Influence des Sexes,” etc., *Rapports du Physique et du Morale de l'Homme*.)

This phenomenon seems to be one of the indications of the immense organic significance of the sexual relations. Woman's part in the world is less obtrusively active than man's, but there is a moment when nature cannot dispense with energy and mental vigor in women, and that is during the reproductive period. The languidest woman must needs be alive when her sexual emotions are profoundly stirred. People often marvel at the infatuation which men display for women who, in the eyes of all the world, seem commonplace and dull. This is not, as we usually suppose, always entirely due to the proverbial blindness of love. For the man whom she loves, such a woman is often alive and transformed. He sees a woman who is hidden from all the world. He experiences something of that surprise and awe which Dostoieffsky felt when the seemingly dull and brutish criminals of Siberia suddenly exhibited gleams of exquisite sensibility.

In women, it must further be said, the sexual impulse shows a much more marked tendency to periodicity than in men; not only is it less apt to appear spontaneously, but its spontaneous manifestations are in a very pronounced manner correlated with menstruation. A woman who may experience almost overmastering sexual desire just before, during, or after the monthly period may remain perfectly calm and self-possessed during the rest of the month. In men such irregularities of the sexual impulse are far less marked. Thus it is that a woman may often appear capricious, unaccountable, or cold, merely because her moments of strong emotion have been physiologically confined within a limited period. She may be one day capable of audacities of which on another the very memory might seem to have left her.

Not only is the intensity of the sexual impulse in women, as compared to men, more liable to vary from day to day, or from week to week, but the same greater variability is marked when we compare the whole cycle of life in women to that of men. The stress of early womanhood, when the reproductive functions are in fullest activity, and of late womanhood, when

they are ceasing, produces a profound organic fermentation, psychic as much as physical, which is not paralleled in the lives of men. This greater variability in the cycle of a woman's life as compared with a man's is indicated very delicately and precisely by the varying incidence of insanity, and is made clearly visible in a diagram prepared by Marro showing the relative liability to mental diseases in the two sexes according to age.¹ At the age of 20 the incidence of insanity in both sexes is equal; from that age onward the curve in men proceeds in a gradual and equable manner, with only the slightest oscillation, on to old age. But in women the curve is extremely irregular; it remains high during all the years from 20 to 30, instead of falling like the masculine curve; then it falls rapidly to considerably below the masculine curve, rising again considerably above the masculine level during the climacteric years from 40 to 50, after which age the two sexes remain fairly close together to the end of life. Thus, as measured by the test of insanity, the curve of woman's life, in the sudden rise and sudden fall of its sexual crisis, differs from the curve of man's life and closely resembles the minor curve of her menstrual cycle.

The general tendency of this difference in sexual life and impulse is to show a greater range of variation in women than in men. Fairly uniform, on the whole, in men generally and in the same man throughout mature life, sexual impulse varies widely between woman and woman, and even in the same woman at different periods.

¹ Marro, *La Pubertà*, p. 233. This table covers all those cases, nearly 3000, of patients entering the Turin asylum, from 1886 to 1895, in which the age of the first appearance of insanity was known.

III.

Summary of Conclusions.

IN conclusion it may be worth while to sum up the main points brought out in this brief discussion of a very large question. We have seen that there are two streams of opinion regarding the relative strength of the sexual impulse in men and women: one tending to regard it as greater in men, the other as greater in women. We have concluded that, since a large body of facts may be brought forward to support either view, we may fairly hold that, roughly speaking, the distribution of the sexual impulse between the two sexes is fairly balanced.

We have, however, further seen that the phenomena are in reality too complex to be settled by the usual crude method of attempting to discover quantitative differences in the sexual impulse. We more nearly get to the bottom of the question by a more analytic method, breaking up our mass of facts into groups. In this way we find that there are certain well-marked characteristics by which the sexual impulse in women differs from the same impulse in men: 1. It shows greater apparent passivity. 2. It is more complex, less apt to appear spontaneously, and more often needing to be aroused, while the sexual orgasm develops more slowly than in men. 3. It tends to become stronger after sexual relationships are established. 4. The threshold of excess is less easily reached than in men. 5. The sexual sphere is larger and more diffused. 6. There is a more marked tendency to periodicity in the spontaneous manifestations of sexual desire. 7. Largely as a result of these characteristics, the sexual impulse shows a greater range of variation in women than in men, both as between woman and woman and in the same woman at different periods.

It may be added that a proper understanding of these sexual differences in men and women is of great importance, both in the practical management of sexual hygiene and in the comprehension of those wider psychological characteristics by which women differ from men.

APPENDICES.

APPENDIX A.

THE SEXUAL INSTINCT IN SAVAGES.

I.

IN the eighteenth century, when savage tribes in various parts of the world first began to be visited, extravagantly romantic views widely prevailed as to the simple and idyllic lives led by primitive peoples. During the greater part of the nineteenth century the tendency of opinion was to the opposite extreme, and it became usual to insist on the degraded and licentious morals of savages.¹

In reality, however, savage life is just as little a prolonged debauch as a prolonged idyll. The inquiries of such writers as Westermarck, Frazer, and Crawley are tending to introduce a sounder conception of the actual, often highly complex, conditions of primitive life in its relations to the sexual instinct.

At the same time it is not difficult to account for the belief, widely spread during the nineteenth century, in the unbridled licentiousness of savages. In the first place, the doctrine of evolution inevitably created a prejudice in favor of such a view. It was assumed that modesty, chastity, and restraint were the finest and ultimate flowers of moral development; therefore at the beginnings of civilization we must needs expect to find the opposite of these things. Apart, however, from any mere prejudice of this kind, a superficial observation of the actual facts necessarily led to much misunderstanding. Just as the nakedness of many savage peoples led to the belief that they were

¹ Thus, Lubbock (Lord Avebury), in the *Origin of Civilization*, fifth edition, 1889, brings forward a number of references in evidence of this belief. More recently Finck, in his *Primitive Love and Love-stories*, 1899, seeks to accumulate data in favor of the unbounded licentiousness of savages. He admits, however, that a view of the matter opposed to his own is now tending to prevail.

lacking in modesty, although, as a matter of fact, modesty is more highly developed in savage life than in civilization,¹ so the absence of our European rules of sexual behavior among savages led to the conclusion that they were abandoned to debauchery. The widespread custom of lending the wife under certain circumstances was especially regarded as indicating gross licentiousness. Moreover, even when intercourse was found to be free before marriage, scarcely any investigator sought to ascertain what amount of sexual intercourse this freedom involved. It was not clearly understood that such freedom must by no means be necessarily assumed to involve very frequent intercourse. Again, it often happened that no clear distinction was made between peoples contaminated by association with civilization, and peoples not so contaminated. For instance, when prostitution is attributed to a savage people we must usually suppose either that a mistake has been made or that the people in question have been degraded by intercourse with white peoples, for among unspoilt savages customs that can properly be called prostitution rarely prevail. Nor, indeed, would they be in harmony with the conditions of primitive life.

It has been seriously maintained that the chastity of savages, so far as it exists at all, is due to European civilization. It is doubtless true that this is the case with individual persons and tribes, but there is ample evidence from various parts of the world to show that this is by no means the rule. And, indeed, it may be said—with no disregard of the energy and sincerity of missionary efforts—that it could not be so. A new system of beliefs and practices, however excellent it may be in itself, can never possess the same stringent and unquestionable force as the system in which an individual and his ancestors have always lived, and which they have never doubted the validity of. That this is so we may have occasion to observe among ourselves. Christian teachers question the wisdom of bringing young people under free-thinking influence, because, although they do not

¹ See "The Evolution of Modesty" in the first volume of these *Studies*.

deny the morals of free-thinkers, they believe that to unsettle the young may have a disastrous effect, not only on belief, but also on conduct. Yet this dangerously unsettling process has been applied by missionaries on a wholesale scale to races which in some respect are often little more than children. When, therefore, we are considering the chastity of savages we must not take into account those peoples which have been brought into close contact with Europeans.

In order to understand the sexual habits of savages generally there are two points which always have to be borne in mind as of the first importance: (1) the checks restraining sexual intercourse among savages, especially as regards time and season, are so numerous, and the sanctions upholding those checks so stringent, that sexual excess cannot prevail to the same extent as in civilization; (2) even in the absence of such checks, that difficulty of obtaining sexual erection which has been noted as so common among savages, when not overcome by the stimulating influences prevailing at special times and seasons, and which is probably in large measure dependent on hard condition of life as well as an insensitive quality of nervous texture, still remains an important factor, tending to produce a natural chastity. There is a third consideration which, though from the present point of view subsidiary, is not without bearing on our conception of chastity among savages: the importance, even sacredness, of procreation is much more generally recognized by savage than by civilized peoples, and also a certain symbolic significance is frequently attached to human procreation as related to natural fruitfulness generally; so that a primitive sexual orgy, instead of being a mere manifestation of licentiousness, may have a ritual significance, as a magical means of evoking the fruitfulness of fields and herds.¹

¹ The sacredness of sexual relations often applies also to individual marriage. Thus, Skeat, in his *Malay Magic*, shows that the bride and bridegroom are definitely recognized as sacred, in the same sense that the king is, and in Malay States the king is a very sacred person. See also, concerning the sacred character of coitus, whether individual or collective, A. Van Gennep, *Rites de Passage*, *passim*.

When a savage practises extraconjugal sexual intercourse, the act is frequently not, as it has come to be conventionally regarded in civilization, an immorality or at least an illegitimate indulgence; it is a useful and entirely justifiable act, producing definite benefits, conducing alike to cosmic order and social order, although these benefits are not always such as we in civilization believe to be caused by the act. Thus, speaking of the northern tribes of central Australia, Spencer and Gillen remark: "It is very usual amongst all of the tribes to allow considerable license during the performance of certain of their ceremonies when a large number of natives, some of them coming often from distant parts, are gathered together—in fact, on such occasions all of the ordinary marital rules seem to be more or less set aside for the time being. Each day, in some tribes, one or more women are told off whose duty it is to attend at the corroboree grounds,—sometimes only during the day, sometimes at night,—and all of the men, except those who are fathers, elder and younger brothers, and sons, have access to them. . . . The idea is that the sexual intercourse assists in some way in the proper performance of the ceremony, causing everything to work smoothly and preventing the decorations from falling off."¹

It is largely this sacred character of sexual intercourse—the fact that it is among the things that are at once "divine" and "impure," these two conceptions not being differentiated in primitive thought—which leads to the frequency with which in savage life a taboo is put upon its exercise. Robertson Smith added an appendix to his *Religion of the Semites* on "Taboo on the Intercourse of the Sexes."² Westermarck brought together evidence showing the frequency with which this and allied causes tended to the chastity of savages.³ Frazer has very luminously expounded the whole primitive conception of sexual intercourse, and showed how it affected chastity.⁴ Warriors must often be

¹ Spencer and Gillen, *Northern Tribes of Central Australia*, p. 136.

² *Religion of the Semites*, second edition, 1894, p. 454 *et seq.*

³ *History of Marriage*, pp. 66-70, 150-156, etc.

⁴ *Golden Bough*, third edition, part ii, *Taboo and the Perils of the Soul*. Frazer has discussed taboo generally. For a shorter account of

chaste; the men who go on any hunting or other expedition require to be chaste to be successful; the women left behind must be strictly chaste; sometimes even the whole of the people left behind, and for long periods, must be chaste in order to insure the success of the expedition. Hubert and Maus touched on the same point in their elaborate essay on sacrifice, pointing out how frequently sexual relationships are prohibited on the occasion of any ceremony whatever.¹ Crawley, in elaborating the primitive conception of taboo, has dealt fully with ritual and traditional influences making for chastity among savages. He brings forward, for instance, a number of cases, from various parts of the world, in which intercourse has to be delayed for days, weeks, even months, after marriage. He considers that the sexual continence prevalent among savages is largely due to a belief in the enervating effects of coitus; so dangerous are the sexes to each other that, as he points out, even now sexual separation of the sexes commonly occurs.²

There are thus a great number of constantly recurring occasions in savage life when continence must be preserved, and when, it is firmly believed, terrible risks would be incurred by its violation—during war, after victory, after festivals, during mourning, on journeys, in hunting and fishing, in a vast number of agricultural and industrial occupations.

It might fairly be argued that the facility with which the savage places these checks on sexual intercourse itself bears witness to the weakness of the sexual impulse. Evidence of another order which seems to point to the undeveloped state of the sexual impulse among savages may be found in the comparatively undeveloped condition of their sexual organs, a con-

taboo, see art. "Taboo" by Northcote Thomas in *Encyclopædia Britannica*, eleventh edition, 1911. Freud has lately (*Imago*, 1912) made an attempt to explain the origin of taboo psychologically by comparing it to neurotic obsessions. Taboo, Freud believes, has its origin in a forbidden act to perform which there is a strong unconscious tendency; an ambivalent attitude, that is, combining the opposite tendencies, is thus established. In this way Freud would account for the fact that tabooed persons and things are both sacred and unclean.

¹ "Essai sur le Sacrifice," *L'Année Sociologique*, 1899, pp. 50-51.

² *The Mystic Rose*, 1902, p. 187 et seq., 215 et seq., 342 et seq.

dition not, indeed, by any means constant, but very frequently noted. As regards women, it has in many parts of the world been observed to be the rule, and the data which Ploss and Bartels have accumulated seem to me, on the whole, to point clearly in this direction.¹

At another point, also, it may be remarked, the repulsion between the sexes and the restraints on intercourse may be associated with weak sexual impulse. It is not improbable that a certain horror of the sexual organs may be a natural feeling which is extinguished in the intoxication of desire, yet still has a physiological basis which renders the sexual organs—disguised and minimized by convention and by artistic representation—more or less disgusting in the absence of erotic emotion.² And this is probably more marked in cases in which the sexual instinct is constitutionally feeble. A lady who had no marked sexual desires, and who considered it well bred to be indifferent to such matters, on inspecting her sexual parts in a mirror for the first time in her life was shocked and disgusted at the sight. Certainly many women could record a similar experience on being first approached by a man, although artistic conventions present the male form with greater truth than the female. Moreover, —and here is the significant point,—this feeling is by no means restricted to the refined and cultured. “When working at Michelangelo,” wrote a correspondent from Italy, “my upper gondolier used to see photographs and statuettes of all that man’s works. Stopping one day before the Night and Dawn of S. Lorenzo, sprawling naked women, he exclaimed: ‘How hideous

¹ *Das Weib*, vol. i, section 6.

² This statement has been questioned. It should, however, be fairly evident that the sexual organs in either sex, when closely examined, can scarcely be regarded as beautiful except in the eyes of a person of the opposite sex who is in a condition of sexual excitement, and they are not always attractive even then. Moreover, it must be remembered that the snake-like aptitude of the penis to enter into a state of erection apart from the control of the will puts it in a different category from any other organ of the body, and could not fail to attract the attention of primitive peoples so easily alarmed by unusual manifestations. We find even in the early ages of Christianity that St. Augustine attached immense importance to this alarming aptitude of the penis as a sign of man’s sinful and degenerate state.

they are!' I pressed him to explain himself. He went on: "The ugliest man naked is handsomer than the finest woman naked. Women have crooked legs, and their sexual organs stink. I only once saw a naked woman. It was in a brothel, when I was 18. The sight of her "natura" made me go out and vomit into the canal. You know I have been twice married, but I never saw either of my wives without clothing.' Of very rank cheese he said one day: 'Puzza come la natura d' una donna.'" This man, my correspondent added, was entirely normal and robust, but seemed to regard sexual congress as a mere evacuation, the sexual instinct apparently not being strong.

It seems possible that, if the sexual impulse had no existence, all men would regard women with this *horror feminae*. As things are, however, at all events in civilization, sexual emotions begin to develop even earlier, usually, than acquaintance with the organs of the other sex begins; so that this disgust is inhibited. If, however, among savages the sexual impulse is habitually weak, and only aroused to strength under the impetus of powerful stimuli, often acting periodically, then we should expect the *horror* to be a factor of considerable importance.

The weakness of the physical sexual impulse among savages is reflected in the psychic sphere. Many writers have pointed out that love plays but a small part in their lives. They practise few endearments; they often only kiss children (Westermarck notes that sexual love is far less strong than parental love); love-poems are among some primitive peoples few (mostly originating with the women), and their literature often gives little or no attention to passion.¹ Affection and devotion are, however, often strong, especially in savage women.

It is not surprising that jealousy should often, though not by any means invariably, be absent, both among men and among women. Among savages this is doubtless a proof of the weakness of the sexual impulse. Spencer and Gillen note the comparative

¹ Lubbock, *Origin of Civilization*, fifth edition, pp. 69, 73; Westermarck, *History of Marriage*, p. 357; Grosse, *Anfänge der Kunst*, p. 236; Herbert Spencer, "Origin of Music," *Mind*, Oct., 1890.

absence of jealousy in men among the Central Australian tribes they studied.¹ Negresses, it is said by a French army surgeon in his *Untrodden Fields of Anthropology*, do not know what jealousy is, and the first wife will even borrow money to buy the second wife. Among a much higher race, the women in a Korean household, it is said, live together happily, as an almost invariable rule, though it appears that this was not always the case among a polygamous people of European race, the Mormons.

The tendency of the sexual instinct in savages to periodicity, to seasonal manifestations, I do not discuss here, as I have dealt with it in the first volume of these *Studies*.² It has, however, a very important bearing on this subject. Periodicity of sexual manifestations is, indeed, less absolute in primitive man than in most animals, but it is still very often quite clearly marked. It is largely the occurrence of these violent occasional outbursts of the sexual instinct—during which the organic impulse to tumescence becomes so powerful that external stimuli are no longer necessary—that has led to the belief in the peculiar strength of the impulse in savages.³

¹ Spencer and Gillen, *Native Tribes of Central Australia*, p. 99; cf. Finck, *Primitive Love and Love-stories*, p. 89 et seq.

² "The Phenomena of Sexual Periodicity." The subject has also been more recently discussed by Walter Heape, "The 'Sexual Season' of Mammals," *Quarterly Journal of Microscopical Science*, vol. xlv, 1900. See also F. H. A. Marshall, *The Physiology of Reproduction*, 1910.

³ This view finds a belated supporter in Max Marcuse ("Geschlechtstrieb des Urmenschen," *Sexual-Probleme*, Oct., 1909), who, on grounds which I cannot regard as sound, seeks to maintain the belief that the sexual instinct is more highly developed among savage than among civilized peoples.

II.

THE facts thus seem to indicate that among primitive peoples, while the magical, ceremonial, and traditional restraints on sexual intercourse are very numerous, very widespread, and nearly always very stringent, there is, underlying this prevalence of restraints on intercourse, a fundamental weakness of the sexual instinct; which craves less, and craves less frequently, than is the case among civilized peoples, but is liable to be powerfully manifested at special seasons. It is perfectly true that among savages, as Sutherland states, "there is no ideal which makes chastity a thing beautiful in itself"; but when the same writer goes on to state that "it is untrue that in sexual license the savage has everything to learn," we must demand greater precision of statement.¹ Travelers, and too often would-be scientific writers, have been so much impressed by the absence among savages of the civilized ideal of chastity, and by the frequent freedom of sexual intercourse, that they have not paused to inquire more carefully into the phenomena, or to put themselves at the primitive point of view, but have assumed that freedom here means all that it would mean in a European population.

In order to illustrate the actual circumstances of savage life in this respect from the scanty evidence furnished by the most careful observers, I have brought together from scattered sources a few statements concerning primitive peoples in very various parts of the world.²

¹ A. Sutherland, *Origin and Growth of the Moral Instinct*, vol. i, pp. 8, 187. As has been shown by, for instance, Dr. Iwan Bloch (*Beiträge zur Ätiologie der Psychopathia Sexualis*, Erster Theil, 1902), every perverse sexual practice may be found, somewhere or other, among savages or barbarians; but, as the same writer acutely points out (p. 58), these devices bear witness to the need of overcoming frigidity rather than to the strength of the sexual impulse.

² Ploss and Bartels have brought together in *Das Weib* a large number of facts in the same sense, more especially under the headings of *Abstinenz-Vorschriften* and *Die Fernhaltung der Schwangeren*. I have not drawn upon their collection.

Among the Andamanese, Portman, who knows them well, says that sexual desire is very moderate; in males it appears at the age of 18, but, as "their love for sport is greater than their passions, these are not gratified to any great extent till after marriage, which rarely takes place till a man is about 26."¹

Although chastity is not esteemed by the Fuegians, and virginity is lost at a very early age, yet both men and women are extremely moderate in sexual indulgence.²

Among the Eskimo at the other end of the American continent, according to Dr. F. Cook, the sexual passions are suppressed during the long darkness of winter, as also is the menstrual function usually, and the majority of the children are born nine months after the appearance of the sun.³

Among the Indians of North America it is the custom of many tribes to refrain from sexual intercourse during the whole period of lactation, as also D'Orbigny found to be the case among South American Indians, although suckling went on for over three years.⁴ Many of the Indian tribes have now been rendered licentious by contact with civilization. In the primitive condition their customs were entirely different. Dr. Holder, who knows many tribes of North American Indians well, has dealt in some detail with this point. "Several of the virtues," he states, "and among them chastity, were more faithfully practised by the Indian race before the invasion from the East than these same virtues are practised by the white race of the present day. . . . The race is less salacious than either the negro or white race. . . . That the women of some tribes are now more careful of their virtue than the women of any other community whose history I know, I am fully convinced."⁵ It is not only on the women that sexual abstinence is imposed. Among

¹ *Journal of the Anthropological Institute*, May, 1896, p. 369.

² Hyades and Deniker, *Mission Scientifique du Cap Horn*, vol. vii, p. 188.

³ F. Cook, *New York Journal of Gynecology and Obstetrics*, 1894.

⁴ A. d'Orbigny, *L'Homme Américain*, 1839, vol. i, p. 47.

⁵ A. B. Holder, "Gynecic Notes Among the American Indians," *American Journal of Obstetrics*, 1892, vol. xxvi, No. 1.

some branches of the Salish Indians of British Columbia a young widower must refrain from sexual intercourse for a year, and sometimes lives entirely apart during that period.¹

In many parts of Polynesia, although the sexual impulse seems often to have been highly developed before the arrival of Europeans, it is very doubtful whether license, in the European sense, at all generally prevailed. The Marquesans, who have sometimes been regarded as peculiarly licentious, are especially mentioned by Foley as illustrating his statement that sexual erethism is with difficulty attained by primitive peoples except during sexual seasons.² Herman Melville's detailed account in *Typee* of the Marquesans (somewhat idealized, no doubt) reveals nothing that can fairly be called licentiousness. At Rotuma, J. Stanley Gardiner remarks, before the missionaries came sexual intercourse before marriage was free, but gross immorality and prostitution and adultery were unknown. Matters are much worse now.³ The Maoris of New Zealand, in the old days, according to one who had lived among them, were more chaste than the English, and, though a chief might lend his wife to a friend as an honor, it would be very difficult to take her (*private communication*).⁴ Captain Cook also represented these people as modest and virtuous.

Among the Papuans of New Guinea and Torres Straits, although intercourse before marriage is free, it is by no means unbridled, nor is it carried to excess. There are many circum-

¹ *Journal of the Anthropological Institute*, 1905, p. 139.

² Foley, *Bulletin de la Société d'Anthropologie*, Paris, November 6, 1879.

³ J. S. Gardiner, *Journal of the Anthropological Institute*, February, 1898, p. 409.

⁴ As regards the modern Maoris, a medical correspondent in New Zealand writes: "It is nothing for members of both sexes to live in the same room, and for promiscuous intercourse to take place between father and daughter or brother and sister. Maori women, who will display a great deal of modesty when in the presence of male Maoris, will openly ask strange Europeans to have sexual intercourse with them, and without any desire for reward. The men, however, seem to prefer their own women, and even when staying in towns, where they can obtain prostitutes, they will remain continent until they return home again, a period of perhaps a month."

stances restraining intercourse. Thus, unmarried men must not indulge in it during October and November at Torres Straits. It is the general rule also that there should be no sexual intercourse during pregnancy, while a child is being suckled (which goes on for three or four years), or even until it can speak or walk.¹ In Astrolabe Bay, New Guinea, according to Vahness, a young couple must abstain from intercourse for several weeks after marriage, and to break this rule would be disgraceful.²

As regards Australia, Brough Smyth wrote: "Promiscuous intercourse between the sexes is not practised by the aborigines, and their laws on the subject, particularly those of New South Wales, are very strict. When at camp all the young unmarried men are stationed by themselves at the extreme end, while the married men, each with his family, occupy the center. No conversation is allowed between the single men and the girls or the married women. Infractions of these laws were visited by punishment; . . . five or six warriors threw from a comparatively short distance several spears at him [the offender]. The man was often severely wounded and sometimes killed."³ This author mentions that a black woman has been known to kill a white man who attempted to have intercourse with her by force. Yet both sexes have occasional sexual intercourse from an early age. After marriage, in various parts of Australia, there are numerous restraints on intercourse, which is forbidden not merely during menstruation, but during the latter part of pregnancy and for one moon after childbirth.⁴

Concerning the people of the Malay Peninsula, Hrolf Vaughan Stevens states: "The sexual impulse among the Belendas is only developed to a slight extent; they are not sensual, and the husband has intercourse with his wife not oftener

¹ Schellong, *Zeitschrift für Ethnologie*, 1889, i, pp. 17, 19; Haddon, *Journal of the Anthropological Institute*, February, 1890, pp. 316, 397; Guise, *ib.*, February and May, 1899, p. 207; Seligmann, *ib.*, 1902, pp. 298, 301-302; *Reports Cambridge Expedition*, vol. v, pp. 199-200, 275.

² *Zeitschrift für Ethnologie*, 1900, ht. v, p. 414.

³ R. Brough Smyth, *The Aborigines of Victoria*, vol. ii, p. 318.

⁴ *Journal of the Anthropological Institute*, 1894, pp. 170, 177, 187.

than three times a month. The women also are not ardent. . . . The Orang Lâut are more sensual than the Dyaks, who are, however, more given to obscene jokes than their neighbors. . . . With the Belendas there is little or no love-play in sexual relations."¹ Skeat tells us also that among Malays in war-time strict chastity must be observed in a stockade, or the bullets of the garrison will lose their power.²

It is a common notion that the negro and negroid races of Africa are peculiarly prone to sexual indulgence. This notion is not supported by those who have had the most intimate knowledge of these peoples. It probably gained currency in part owing to the open and expansive temperament of the negro, and in part owing to the extremely sexual character of many African orgies and festivals, though those might quite as legitimately be taken as evidence of difficulty in attaining sexual erethism.

A French army surgeon, speaking from knowledge of the black races in various French colonies, states in his *Untrodden Fields of Anthropology* that it is a mistake to imagine that the negress is very amorous. She is rather cold, and indifferent to the refinements of love, in which respects she is very unlike the mulatto. The white man is usually powerless to excite her, partly from his small penis, partly from his rapidity of emission; the black man, on account of his blunter nervous system, takes three times as long to reach emission as the white man. Among the Mohammedan peoples of West Africa, Daniell remarks, as well as in central and northern Africa, it is usual to suckle a child for two or more years. From the time when pregnancy becomes apparent to the end of weaning no intercourse takes place. It is believed that this would greatly endanger the infant, if not destroy it. This means that for every child the woman, at all events, must remain continent for about three years.³ Sir H. H. Johnston, writing concerning the peo-

¹ *Zeitschrift für Ethnologie*, 1896, iv, pp. 180-181.

² W. W. Skeat, *Malay Magic*, p. 524.

³ W. F. Daniell, *Medical Topography of Gulf of Guinea*, 1849, p. 55

ples of central Africa, remarks that the man also must remain chaste during these periods. Thus, among the Atonga the wife leaves her husband at the sixth month of pregnancy, and does not resume relations with him until five or six months after the birth of the child. If, in the interval, he has relations with any other woman, it is believed his wife will certainly die. "The negro is very rarely vicious," Johnston says, "after he has attained to the age of puberty. He is only more or less uxorious. The children are vicious, as they are among most races of mankind, the boys outrageously so. As regards the little girls over nearly the whole of British Central Africa, chastity before puberty is an unknown condition, except perhaps among the A-nyanja. Before a girl is become a woman it is a matter of absolute indifference what she does, and scarcely any girl remains a virgin after about 5 years of age."¹ Among the Bangala of the upper Congo a woman suckles her child for six to eighteen months and during all this period the husband has no intercourse with his wife, for that, it is believed, would kill the child.²

Among the Yoruba-speaking people of West Africa A. B. Ellis mentions that suckling lasts for three years, during the whole of which period the wife must not cohabit with her husband.³

Although chastity before marriage appears to be, as a rule, little regarded in Africa, this is not always so. In some parts of West Africa, a girl, at all events if of high birth, when found guilty of unchastity may be punished by the insertion into her vagina of bird pepper, a kind of capsicum, beaten into a mass; this produces intense pain and such acute inflammation that the canal may even be obliterated.⁴

Among the Dahomey women there is no coitus during pregnancy nor during suckling, which lasts for nearly three years.

¹ Sir H. H. Johnston, *British Central Africa*, 1899, pp. 409, 414.

² Rev. J. H. Weeks, *Journal of the Anthropological Institute*, 1910, p. 418.

³ Sir A. B. Ellis, *Yoruba-Speaking Peoples*, p. 185.

⁴ W. F. Daniell, *op. cit.*, p. 36.

The same is true among the Jekris and other tribes on the Niger, where it is believed that the milk would suffer if intercourse took place during lactation.¹

In another part of Africa, among the Suaheli, even after marriage only incomplete coitus is at first allowed and there is no intercourse for a year after the child's birth.²

Farther south, among the Ba Wenda of north Transvaal, says the Rev. R. Wessmann, although the young men are permitted to "play" with the young girls before marriage, no sexual intercourse is allowed. If it is seen that a girl's labia are apart when she sits down on a stone, she is scolded, or even punished, as guilty of having had intercourse.³

Among the higher races in India the sexual instinct is very developed, and sexual intercourse has been cultivated as an art, perhaps more elaborately than anywhere else. Here, however, we are far removed from primitive conditions and among a people closely allied to the Europeans. Farther to the east, as among the Cambodians, strict chastity seems to prevail, and if we cross the Himalayas to the north we find ourselves among wild people to whom sexual license is unknown. Thus, among the Turcomans, even a few days after the marriage has been celebrated, the young couple are separated for an entire year.⁴

All the great organized religions have seized on this value of sexual abstinence, already consecrated by primitive magic and religion, and embodied it in their system. It was so in ancient Egypt. Thus, according to Diodorus, on the death of a king, the entire population of Egypt abstained from sexual intercourse for seventy-two days. The Persians, again, attached great value to sexual as to all other kinds of purity. Even involuntary seminal emissions were severely punishable. To lie with a menstruat-

¹ *Journal of the Anthropological Institute*, August and November, 1898, p. 106.

² *Zeitschrift für Ethnologie*, 1899, ii and iii, p. 84; *Velten, Sitten und Gebräuche der Suaheli*, p. 12.

³ *Zeitschrift für Ethnologie*, 1896, p. 364.

⁴ Vambéry, *Travels in Central Asia*, 1864, p. 323.

ing woman, according to the *Vendidad*, was as serious a matter as to pollute holy fire, and to lie with a pregnant woman was to incur a penalty of 2000 strokes. Among the modern Parsees a man must not lie with his wife after she is four months and ten days pregnant. Mohammedanism cannot be described as an ascetic religion, yet long and frequent periods of sexual abstinence are enjoined. There must be no sexual intercourse during the whole of pregnancy, during suckling, during menstruation (and for eight days before and after), nor during the thirty days of the Ramedan fast. Other times of sexual abstinence are also prescribed; thus among the Mohammedan Yezidis of Mardin in northern Mesopotamia there must be no sexual intercourse on Wednesdays or Fridays.¹

In the early Christian Church many rules of sexual abstinence still prevailed, similar to those usual among savages, though not for such prolonged periods. In Egbert's Penitential, belonging to the ninth century, it is stated that a woman must abstain from intercourse with her husband three months after conception and for forty days after birth. There were a number of other occasions, including Lent, when a husband must not know his wife.² "Some canonists say," remarks Jeremy Taylor, "that the Church forbids a mutual congression of married pairs upon festival days. . . . The Council of Eliberis commanded abstinence from conjugal rights for three or four or seven days before the communion. Pope Liberius commanded the same during the whole time of Lent, supposing the fast is polluted by such congressions."³

¹ Heard, *Journal of the Anthropological Institute*, Jan.-June, 1911, p. 210. The same rule is also observed by the Christians of this district.

² Haddon and Stubbs, *Councils and Ecclesiastical Documents*, vol. iii, p. 423.

³ Jeremy Taylor, *The Rule of Conscience*, bk. iii, ch. iv, rule xx.

III.

Thus it would seem probable that, contrary to a belief once widely prevalent, the sexual instinct has increased rather than diminished with the growth of civilization. This fact was clear to the insight of Lucretius, though it has often been lost sight of since.¹ Yet even observation of animals might have suggested the real bearing of the facts. The higher breeds of cattle, it is said, require the male more often than the inferior breeds.² Thorough-bred horses soon reach sexual maturity, and I understand that since pains have been taken to improve cart-horses the sexual instincts of the mares have become less trustworthy. There is certainly no doubt that in our domestic animals generally, which live under what may be called civilized conditions, the sexual system and the sexual needs are more developed than in the wild species most closely related to them.³ All observers seem to agree on this point, and it is sufficient to refer to the excellent summary of the question furnished by Heape in the study of "The 'Sexual Season' of Mammals," to which reference has already been made. He remarks, moreover, that, "while the sexual activity of domestic animals and of wild animals in captivity may be more frequently exhibited, it is not so violent as is shown by animals in the wild state."⁴ So that, it would seem, the greater periodicity of the instinct in the wild state, alike in animals and in man, is associated with greater violence of the manifestations when they do ap-

¹ *De Rerum Natura*, v, 1016.

² Raciborski (*Traité de la Menstruation*, p. 43) quotes the observation of an experienced breeder of choice cattle to this effect.

³ "The organs which in the feral state," as Adlerz remarks (*Biologisches Centralblatt*, No. 4, 1902; quoted in *Science*, May 16, 1902), "are continually exercised in a severe struggle for existence, do not under domestication compete so closely with one another for the less needed nutriment. Hence, organs like the reproductive glands, which are not so directly implicated in self-preservation, are able to avail themselves of more food."

⁴ *Quarterly Journal of Microscopical Science*, vol. xliv, 1900, p. 12, 31, 39.

pear. Certain rodents, such as the rat and the mouse, are well known to possess both great reproductive power and marked sexual proclivities. Heape suggests that this also is "due to the advantages derived from their intimate relations with the luxuries of civilization." Heape recognizes that, as regards reproductive power, the same development may be traced in man: "It would seem highly probable that the reproductive power of man has increased with civilization, precisely as it may be increased in the lower animals by domestication; that the effect of a regular supply of good food, together with all the other stimulating factors available and exercised in modern civilized communities, has resulted in such great activity of the generative organs, and so great an increase in the supply of the reproductive elements, that conception in the healthy human female may be said to be possible almost at any time during the reproductive period."

"People of sense and reflection are most apt to have violent and constant passions," wrote Mary Wollstonecraft, "and to be preyed on by them."¹ It is that fact which leads to the greater importance of sexual phenomena among the civilized as compared to savages. The conditions of civilization increase the sexual instinct, which consequently tends to be more intimately connected with moral feelings. Morality is bound up with the development of the sexual instinct. The more casual and periodic character of the impulse in animals, since it involves greater sexual indifference, tends to favor a loose tie between the sexes, and hence is not favorable to the development of morals as we understand morals. In man the ever-present impulse of sex, idealizing each sex to the other sex, draws men and women together and holds them together. Foolish and ignorant persons may deplore the full development which the sexual instinct has reached in civilized man; to a finer insight that development is seen to be indissolubly linked with all that is most poignant and most difficult, indeed, but also all that is best, in human life as we know it.

¹ "Love," in *Thoughts on the Education of Daughters*.

APPENDIX B.

THE DEVELOPMENT OF THE SEXUAL INSTINCT.

It is a very remarkable fact that, although for many years past serious attempts have been made to elucidate the psychology of sexual perversions, little or no endeavor has been made to study the development of the normal sexual emotions. Nearly every writer seems either to take for granted that he and his readers are so familiar with all the facts of normal sex psychology that any detailed statement is altogether uncalled for, or else he is content to write a few fragmentary remarks, mostly made up of miscellaneous extracts from anatomical, philosophical, and historical works.

Yet it is as unreasonable to take normal phenomena for granted here as in any other region of science. A knowledge of such phenomena is as necessary here as physiology is to pathology or anatomy to surgery. So far from the facts of normal sex development, sex emotions, and sex needs being uniform and constant, as is assumed by those who consider their discussion unnecessary, the range of variation within fairly normal limits is immense, and it is impossible to meet with two individuals whose records are nearly identical.

There are two fundamental reasons why the endeavor should be made to obtain a broad basis of clear information on the subject. In the first place, the normal phenomena give the key to the abnormal phenomena, and the majority of sexual perversions, including even those that are most repulsive, are but exaggerations of instincts and emotions that are germinal in normal human beings. In the second place, we cannot even know what is normal until we are acquainted with the sexual life of a large number of healthy individuals. And until we know the limits of normal sexuality we are not in position to lay down any reasonable rules of sexual hygiene.

On these grounds I have for some time sought to obtain the sexual histories, and more especially the early histories, of men and women who, on *prima facie* grounds, may fairly be considered, or are at all events by themselves and others considered, ordinarily healthy and normal.

There are many difficulties about such a task, difficulties which are sufficiently obvious. There is, first of all, the natural reticence to reveal facts of so intimately personal a character. There is the prevailing ignorance and unintelligence which leads to the phenomena being obscure to the subject himself. When the first difficulty has been overcome, and the second is non-existent, there is still a lack of sufficiently strong motive to undertake the record, as well as a failure to realize the value of such records. I have, however, received a large number of such histories, for the most part offered spontaneously with permission to make such further inquiries as I thought desirable. Some of these histories are extremely interesting and instructive. In the present Appendix, and in a corresponding Appendix to the two following volumes of these *Studies*, I bring forward a varied selection of these narratives. In a few cases, it will be seen, the subjects are, to say the least, on the borderland of the abnormal, but they do not come before us as patients desiring treatment. They are playing their, usually active, sometimes even distinguished, part in the world, which knows nothing of their intimate histories.

HISTORY I.—E. T. (I reproduce this history, written in the third person, as it reached my hands.) T.'s earliest recollections of ideas of a sexual character are vaguely associated with thoughts upon whipping inflicted on companions by their parents, and sometimes upon his own person. About the age of 7 T. occasionally depicted to himself the appearance of the bare nates and genitalia of boys during flagellation. Reflection upon whipping gave rise to slight curious sensations at the base of the abdomen and in the nerves of the sexual system. The sight of a boy being whipped upon the bare nates caused erection before the age of 9. He cannot account for these excitations, as at the time he had not learned the most rudimentary facts of sex. The spectacle of the boy's nudity had no attraction for him, while the beating aroused his indignation against the person who administered it. T. knew a boy

and girl of about his own age whose imaginations dwelt somewhat morbidly upon whipping. The three used to talk together about such chastisement, and the little girl liked to read "stories that had whippings in them." None of these children delighted in cruelty; the fascination in the theme of castigation seemed to be in imagining the spectacle of the exposed nates, though actual witnessing of the whipping made them angry at the time.

Accustomed to watch a young sister being bathed, T. had no distinct curiosity concerning the differences in sex until the age of 9. About this time he asked his father where babies came from, and was told to be quiet. When he persisted in the inquiry his father threatened to box his ears. His mother told him subsequently that doctors brought babies to mothers. He credited the story so far as to carefully watch the doctor who came when his mother "was going to have a new baby," in the hope of seeing a bundle in his arm. T. was 9 when he interrogated a servant-girl of 16 about babies and their origin. She laughed and said that one day she would tell him how children came. One Sunday this servant took T. for a country walk and initiated him in sexual intercourse, telling him he was too young to be a father, but that was the way babies were made. The girl took him into a field, saying she would show him how to do something which would make him "feel as though he was in heaven," informing him that she had often done this with young men. She then succeeded in causing erection and instructed him how to act. His feeling at the time was one of disgust; the appearance and odor of the female genitalia repelled him. Afterward, however, he wished to repeat the experience with girls of his own age. Finding the boy unresponsive, the girl took the masculine position and embraced him with great passion. T. can recall the expression of the girl's face, the perspiration on her forehead, and the whispered query whether it pleased him. The embrace lasted for about ten minutes, when the girl said it had "done her good." Later the same day they met a girl cousin of this servant about 10 or 12 years old. The three went to a lonely part of the seashore. The servant there suggested that T. should repeat the act with the little girl. T. was too shy, though the girl seemed quite willing and experienced. The older girl told the younger to keep watch a few yards away, while she again brought about intercourse in the same way. The servant told T. not to tell anyone. Intercourse with the servant was never repeated after that day; from shame he kept the promise for many years.

After this episode T. began to speculate about sexual matters and to observe the coupling of dogs with newly acquired interest. At 10 years he often lay awake, listening to a woman of 25 singing to a piano

accompaniment. The woman's voice seemed very beautiful, and so strongly impressed him that he fell in love with her and longed to embrace her sexually. This secret attachment was much more romantic than sensual, though the idea of embracing the woman seemed to T. a natural part of the romance. He was beginning to invest the sex with angelic qualities. The thought of his adventure with the servant no longer caused repulsion, but rather pleasure. He reflected that if he could meet the girl now he could be very fond of her and understand things better. At this time he had not masturbated, nor even heard of the practice. One day, while playing with a girl of his own age, he succeeded in overcoming her shyness and induced her to expose herself, at the same time uncovering his own sexual parts. On this occasion and once afterward he succeeded in penetrating the vulva. Both he and the girl experienced imperfect enjoyment.

At boarding-school, where he was sent at 10, T. learned the vulgar phrases for sexual organs and sexual acts, and acquired the habit of moderate masturbation. Coarse talk and indecent jests about the opposite sex were common amusements of the playroom and dormitories. At first the obscene conversation was very distasteful; later he became more used to it, but thought it strange that sex intimacy should be a subject for ridicule and jest.

He began to read love-stories and think much about girls. At the same time he learned the nature of "the sin of fornication," and wondered why it should be considered so heinous. Parts of the Bible condemning intercourse between the unmarried alarmed him. Being of a serious as well as emotional and amorous nature, he became converted to evangelic belief. His mother warned him to beware of unclean companions at school. He tried to act as a Christian and think only pure thoughts about women. The talk, however, was always of girls and of being in love. His mind was often engrossed with amatory ideas of a poetic, sensuous nature, his sexual experiences having a firm hold on his imagination, while they gave him gratifying assurance of actual knowledge concerning things merely imagined by most of his companions.

His health was vigorous and he keenly enjoyed all outdoor games and excelled in daring and schoolboy mischief.

At 12 he fell deeply in love with a girl of corresponding age. He never felt any powerful sexual desire for his sweetheart, and never attempted anything but kissing and decorous caresses. He liked to walk and sit with the girl, to hold her hand, and stroke her soft hair. He felt real grief when separated from her. His thoughts of her were seldom sensual. A year or so afterward he had a temporary passion for a woman of 30, who used to flirt with him and allow kissing. T. thought her queen-like and very lovely, and wished to be her knight.

One day he saw, for a moment, in a friend's house, a dark, earnest-looking girl of 13, who made a very deep impression upon him, and, though he did not exchange a word with her, he often thought about her afterward. Five years later he met the dark girl again, and the pair were mutually drawn to one another. He proposed marriage and avowed a most desperate passion. A refusal on the plea of youth caused him the deepest misery. About eight years thereafter T. married the girl, and the marriage proved a very happy one for both.

When he was 15 T. made the acquaintance of a pretty blonde of the same age. She was a high-spirited hoiden. They were soon close friends and later lovers. They wrote a number of letters to each other and exchanged locks of hair and presents. Their talk about love was unreserved. One day she told T. that she had been sexually embraced by a former lover, a boy of 16, hinting very plainly that she would like T. to embrace her. This amour lasted for about six months. The lovers had many opportunities for clandestine intercourse. They used to consummate their passion in a part of a wood they called "the bower." Now and then one or the other would experience a pricking of conscience, but they were too passionately attached to each other to sever the intimacy. At length the girl began to dread the risk of conception and the intercourse ceased. Looking back upon this episode T. avers that the attachment and its physical expression seemed quite natural, poetic, and beautiful, though at times his religious principles condemned his conduct. He now thinks that the experience is by no means to be regretted either by the girl or himself. It was a wholesome youthful passion, as innocent as the mating of birds, and the insight which it gave to both of the hidden emotions of human nature was morally advantageous in after-life.

T. believes that his amative precocity was due to the early awakening of sex feeling by the servant-girl. But he also believes that the love passion would have asserted itself early in any case, since he inherits a warm temperament, had erectile power long before puberty, and has considerable seminal capacity. Having closely watched the effects of suppressed normal emotions and desires in youth at the time of pubescence, he maintains that such suppression is disastrous, causing unhealthy thoughts and leading to the formation of a habit of masturbation which may persist throughout life. He believes that temporary sexual intimacies between boys and girls under 20 from the period of puberty would be far less harmful than separation of the sexes until marriage, with its resultants: masturbation, hysteria, repressed and disordered functions in young women, seduction, prostitution, venereal affections, and many other evils.

HISTORY II.—The following narrative was written by a married lady: "My mother (herself a very passionate and attractive woman) recognized the difficulty for English girls of getting satisfactorily married, and determined, if possible, to shield us from disappointment by turning our thoughts in a different direction. Theoretically the idea was perhaps good, but in practice it proved useless. The natural desires were there. Disappointment and disillusion followed their repression none the less surely for having altered their natural shape. I think the love I had for my mother was almost sexual, as to be with her was a keen pleasure, and to be long away from her an almost unendurable pain. She used to talk to us a good deal on all sorts of subjects, but she never troubled about education in the ordinary sense. When 9 years old I had been taught nothing except to read and write. She never forbade us to read anything, but if by accident we got hold of a book of which she did not approve she used to say: 'I think that is rather a silly story, don't you?' We were so eager to come up to her standard of taste that we at once imagined we thought it silly, too. In the same way she discouraged ideas about love or marriage, not by suggesting there was anything wrong or improper about them, but by implying great contempt for girls who thought about lovers, etc. Up to the age of about 20 I had a vague general impression that love was very well for ordinary women, but far beneath the dignity of a somewhat superior person like myself. To show how little it entered my thoughts I may add that, up to 17, I fancied a woman got a child by being kissed on the lips by a man. Hence all the fuss in novels about the kiss on the mouth.

"When I was 9 years old I began to feel a great craving for scientific knowledge. A *Child's Guide to Science*, which I discovered at a second-hand book-stall (and which, by the way, informed me that heat is due to a substance called caloric), became a constant companion. In order to learn about light and gravitation, I saved up my money and ordered (of all books) Newton's *Principia*, shedding bitter tears when I found I could not understand a word of it. At the same time I was horribly ashamed of this desire for knowledge. I got such books as I could surreptitiously and hid them in odd corners. Why, I cannot imagine, as no one would have objected, but, on the contrary, I should have been helped to suitable books.

"My sisters and I were all violently argumentative, but our quarrels were all on abstract subjects. We saw little of other children and made no friendships, preferring each other's society to that of outsiders. When I was about 10 a girl of the same age came to stay with us for a few days. When we went to bed the first night she asked me if I ever played with myself, whereupon I took a great dislike to her. No

sexual ideas or feelings were excited. When still quite a child, however, I had feelings of excitement which I now recognize as sexual. Such feelings always came to me in bed (at least I cannot remember them at any other time) and were generally accompanied by a gradually increasing desire to make water. For a long time I would not dare to get out of bed for fear of being scolded for staying awake, and only did so at last when actually compelled. In the mean time the sexual excitement increased also, and I believe I thought the latter was the result of the former, or, perhaps, rather, that both were the same thing. (This was when I was about 7 or 8 years old.) So far as I can recollect, the excitement did not recur when the desire to make water had been gratified. I seemed to remember wondering why thinking of certain things (I can't remember what these were) should make one want to urinate. (In later life I have found that, if the bladder is not emptied before coitus, pleasure is often more intense.) There were also feelings, which I now recognize as sexual, in connection with ideas of whipping.

"As a child and girl I had very strong religious feelings (I should have now if I could believe in the reality of religion), which were absent in my sisters. These feelings were much the same as I experienced later sexually; I felt toward God what I imagined I should like to feel to my husband if I married. This, I fancy, is what usually occurs. At 14 I went to a boarding-school where there were seventy girls between 7 and 19. I think it goes to show that there is but very little sexual precocity among English girls that during the three years I stayed there I never heard a word the strictest mother would have objected to. One or two of the older girls were occasionally a little sentimental, but on no occasion did I hear the physical side of things touched upon. I think this is partly due to the amount of exercise we took. When picturing my childhood I always see myself racing about, jumping walls, climbing trees. In France and Italy I have been struck by the greater sedateness of Continental children. Our idea of naughtiness consisted chiefly in having suppers in our bedrooms and sliding down the banisters after being sent to bed. The first gratified our natural appetite, while the second supplied the necessary thrill in the fear of being caught.

"I made no violent friendships with the other girls, but I became much attached to the French governess. She was 30, and a born teacher, very strict with all of us, and doubly so with me for fear of showing favoritism. But she was never unjust, and I was rather proud of her severity and took a certain pleasure in being punished by her, the punishment always taking the form of learning by heart, which I rather liked doing. So I had my thrill, excitement, I don't quite know

what to call it, without any very great inconvenience to myself. Just before we left school the sexual instinct began to show itself in enthusiasm for art with a capital A, Ouida's novels being mainly responsible. My sister and I agreed that we would spend our lives traveling about France, Italy, and the Continent, generally *à la Tricotin*, with a violin in one pocket and an Atravante Dante in the other. To do this satisfactorily to ourselves we must be artists, and I resolved to go in for music and become a second Liszt. When my father offered to take us to Italy, the artist's Mecca, for a couple of years, we were wild with delight. We went, and disillusionment began. It may perhaps seem absurd, but we suffered acutely that first summer. Our villa was quite on the beach, the lowest of its flight of steps being washed by the Mediterranean. At the back were grounds which seemed a paradise. Long alleys covered over with vines and carpeted with long grass and poppies, grassy slopes dotted with olives and ilex, roses everywhere, and almost every flower in profusion, with, at night, the fireflies and the heavy scents of syringa and orange blossoms. In the midst of every possible excitement to the senses there was one thing wanting, and we did not know what that was.

"We attributed our restlessness and dissatisfaction to the slow progress in our artistic education, and consoled ourselves by thinking when once we had mastered the technical difficulties we should feel all right. And of course we did derive a very real pleasure from all the beauties of art and nature with which Italy abounds.

"It seems to me, however, that the art craze is one of the modern phases of woman's sexual life. When we were in Italy the great centers of the country were simply overrun with girls studying art, most of whom had very little talent, but who had mistaken the restlessness due to the first awakening of the sexual instinct for the divine flame of genius. In our case it did not matter, as we were not dependent upon our own exertions. But it must have been terribly hard for girls who had burned their boats and chosen art as a career, to have added to the repression of their natural desires the bitterness of knowing that in their chosen walk of life they were failures. The results as far as work goes might not be so bad if the passions, as in men, were occasionally gratified. It is the constant drudgery combined with the disappointment and finding that art alone does not satisfy which is so paralyzing. Besides, sexual gratification is always followed by exaltation of the mental faculties, with, in my experience, no depressing reaction such as follows pleasure excited by mental causes alone.

"At one time when living at the villa I met a man about 45, who took rather a fancy to me. I mention this because it woke me up; no emotion was excited; but I realized for the first time (I must have been

nearly 20) that I was no longer a child, and that a man could think of me in connection with love. It was only after this, and not immediately after, either, that men's society began to have an interest for me, and that I began to think a man's love would be a pleasant thing to possess, after all.

"The sexual instinct, at any rate as regards consciousness, thus developed slowly and in what I believe to be a very usual sequence: religion, admiration for an older woman, and art. I am not sure that I have made quite enough of the first, yet I do not know that there is any more to say. There were very strong physical feelings connected with all these which were identical with those now connected with passion, but they were completely satisfied by the mental idea which excited them.

"The first time I can remember feeling keen physical pleasure was when I was between 7 and 8 years old. I can't recollect the cause, but I remember lying quite still in my little cot clasping the iron rails at the top. It may be said that this is hardly slow development, but I mean slow as regards (1) any connection of the idea with a man or (2) any physical means of excitation.

"I have laid stress on my desire for knowledge, as I think my sexual feelings were affected by it. A great part of my feeling for my mother was due to the stores of information she appeared to possess. The omniscience of God was to me his most striking attribute. My French teacher's capacity was her chief attraction. When, as a girl, I thought of marriage, I desired a man who 'could explain things to me.' One learns later to live one's mental and sexual life separately to a great extent. But at 20 I could not have done so; given the opportunity, I should have made the mistake of Dorothea in *Middlemarch*.

"I have spoken of the depressing after-effects of pleasure brought about by a purely mental cause, but I do not think this is the case in childhood and early youth. (Perhaps some women feel no such depression afterward, and this may account for their coldness in regard to men.) This may perhaps be accounted for by the fact that it occurs much more rarely, and also it is perhaps a natural process before the sexual organs fully develop, and so not harmful.

"I always find it difficult in expressing the different degrees of physical excitement even to myself, though I know exactly what I felt. As a child, from the time of the early experience already mentioned (about the age of 7 or 8), and as a young girl, the second stage (secretion of mucus) was always reached. The amount of secretion has always been excessive, but at first secretion only lasted a short time; later it began to last for several hours, or even sometimes the whole

night, if the natural gratification has been withheld for a long time (say, three months). I do not remember ever feeling the third stage (complete orgasm) until I saw the first man I fancied I cared for. I do not think that mental causes alone have ever produced more than the first two stages (general diffuse excitement and secretion). I have sometimes wondered whether I could produce the third mechanically, but I have a curious unreasonable repugnance to trying the experiment; it would seem to materialize it too much. As a child and a girl I was contented to arrive at the second stage, possibly because I did not realize that there was any other, and perhaps this is why I have experienced no evil results.

"In dreams the third stage seems to come suddenly without any leading up to it, either mental or physical, of which I am conscious. I do not, however, remember having any such dreams before I was engaged. They came at a later period; even then, when great pleasure was experienced, it came, as a rule, suddenly and sharply, with no dreams leading up to it. The dreams generally take a sad form (an Evangeline and Gabriel business), where one vainly seeks the person who eludes one. I have, however, sometimes had pleasurable dreams of men who were quite indifferent to me and of whom I never thought when awake. The impression on waking is so strong one could almost fancy one's self really in love with them. I can quite understand falling in love with a person by dreaming of him in this way.

"The first time I remember experiencing the third stage in waking moments was at a picnic, when the man, to whom I have before referred as the first that I fancied I cared for, leaned against me accidentally in passing a plate or dish; but I was already in a violent state of excitement at being with him. There was no possibility of anything between us, as he was married. If he guessed my feelings, they were never admitted, as I did my best to hide them. I never experienced this, except at the touch of some one I loved. (I think the saying about the woman 'desiring the desire of the man' is just about as true as most epigrams. It is the man's personality alone which affects me. His feelings toward me are of—I was going to say—indifference, but at any rate quite secondary importance, and the gratification of my own vanity counts as nothing in such relations.)

"As a rule, to reach even the second stage the exciting ideas must be associated with some particular person, except in the case of a story, where one identifies one's self with one of the characters. In childhood and early youth it was, in the case of religion, the idea of God and the presence and the personality of God which aroused my feelings and always seemed very vivid to me. In the case of my governess, my feelings were aroused in exactly the same way as later they would be

by one's lover. In the art craze I am rather vague as to how it came about, but I think, as a rule, there was rather a craving for pleasure than pleasure itself. I do not remember ever thinking much about the physical feeling. It seemed as natural that a pleasant emotion should produce pleasant physical effects as that a painful one should cause tears. As a child, one takes so much for granted, and later on my mind was so much occupied with worrying about the truth of religion that I hardly thought enough about anything else to analyze it carefully.

"I may summarize my own feelings thus: First, exciting ideas alone produce, as a rule, merely the first stage of sexual excitement. Second, the same ideas connected with a particular person will produce the second stage. Third, the same may be said of the presence of the beloved person. Fourth, actual contact appears necessary for the third stage. If the first stage only be reached, the sensation is not pleasurable in reality, or would not be but for its association. If produced, as I have sometimes found it to be, by a sense of mental incapacity, it is distinctly disagreeable, especially if one feels that the energy which might have been used in coping with the difficulty is being thus dissipated. If it be produced, as it may be, as the result of physical or mental restraint, it is also unpleasant unless the restraint were put upon one by a person one loves. Then, however, the second stage would probably be reached, but this would depend a good deal on one's mood. If the first stage only were reached, I think it would be disagreeable; it would mean a conflict between one's will and sexual feeling. Perhaps women who feel actual repugnance to the sexual act with a man they love have never gone beyond the first stage, when their dislike to it would be quite intelligible to me.

"Some time after the life in Italy had come to an end I became engaged. There was considerable difficulty in the way of marriage, but we saw a good deal of each other. My *fiancé* often dined with us, and we met every day. The result of seeing him so frequently was that I was kept in a constant state of strong, but suppressed, sexual excitement. This was particularly the case when we met in the evening and wandered about the moonlit garden together. When this had gone on about three months I began to experience a sense of discomfort after each of his visits. The abdomen seemed to swell with a feeling of fullness and congestion; but, though these sensations were closely connected with the physical excitement, they were not sufficiently painful to cause me any alarm or make me endeavor to avoid their pleasurable cause. The symptoms got worse, however, and no longer passed off quickly as at first. The swelling increased; considerable pain and a dragged-down sensation resulted the moment I tried to walk even a

short distance. I was troubled with constant indigestion, weight in the chest, pain in the head and eyes, and continual slight diarrhea. This went on for about nine months, and then my *fiancé* was called away from the neighborhood. After his departure I got a trifle better, but the symptoms remained, though in less acute form. A few months later the engagement was broken off, and for some weeks I was severely ill with influenza and was on my back for several weeks. When I could get about a little, though very weak, all the swelling was gone, but pain returned whenever I tried to walk or stand for long. The indigestion and diarrhea were also very troublesome. I was treated for both by a physician, but without success. Next year I became engaged to my husband and was shortly after married. The indigestion and diarrhea disappeared soon after. The pain and dragging feeling in the abdomen bothered me much in walking or any kind of exercise. One day I came across a medical work, *The Elements of Social Science*, in which I found descriptions of symptoms like those I suffered from ascribed to uterine disease. I again applied to a doctor, telling him I thought there was displacement and possibly congestion. He confirmed my opinion and told me to wear a pessary. He ascribed the displacement to the relaxing climate, and said he did not think I should ever get quite right again. After the pessary had been placed in position every trace of pain, etc., left me. A year later I thought I would try and do without the pessary, and to my great satisfaction none of the old trials came back after its removal, in spite of much trouble, anxiety, sick nursing, and fatigue. I attribute the disorder entirely to violent sexual excitement which was not permitted its natural gratification and relief.

"I have reason to believe that suppression acts very injuriously on a woman's mental capacity. When excitement is naturally relieved the mind turns of its own accord to another subject, but when suppressed it is unable to do this. Personally, in the latter event, I find the greatest difficulty in concentrating my thoughts, and mental effort becomes painful. Other women have complained to me of the same difficulty. I have tried mechanical mental work, such as solving arithmetical or algebraic problems, but it does no good; in fact, it seems only to increase the excitement. (I may remark here that my feelings are always very strong not only before and after the monthly period, but also during the time itself; very unfortunately, as, of course, they cannot then be gratified. This only applies to desire from within, as I am strongly susceptible to influences from without at any time.) There seems nothing to be done but to bow to the storm till it passes over. Anything I do during the time it lasts, even household work, is badly done. The brain seems to become addled for the time being,

while after gratification of desire it seems to attain an additional quickness and cleverness. Perhaps this cause contributes to the small amount of intellectual and artistic work done by women, admitting their natural inferiority to men in artistic impulse. A woman whose passions are satisfied generally has her strength sapped by maternity, while her attention is drawn from abstract ideas to her children."

HISTORY III.—B. states that his first sexual thoughts and acts were curiously connected with whipping. At 12 he and another boy used to beat each other with a cricket bat upon the bare nates, and afterward indulge in mutual masturbation. He cannot remember the beginning of his sexual speculation as a child, nor how he learned masturbation. When he was 13 he used to discuss erotic matters with a schoolfellow who was in the habit of engaging in vulvar intercourse with a girl of his own age. The intercourse was practised on the way home from school, and in a standing posture. B. embraced the girl in the same way. He is not interested in the psychological aspects of the sexual emotion. Although his sex passion was early kindled, he never had commerce with prostitutes. He thinks that his youthful experiences had no ill effect upon him morally, mentally, or physically. He practised masturbation in moderation till he married, at the age of 31.

HISTORY IV.—"I can remember" (writes the subject) "trotting away as a youngster about 5 with another boy to 'see a girl's legs'; the idea emanated from the other boy, but I was vaguely interested. How or where we were going to see the object in question I do not remember nor anything further than the intention. When 6 or 7 I remember being put to bed with the nurse girl and feeling her bare arm with undoubted sexual excitement; I remember, too, gradually feeling along the arm very cautiously, fearing the girl would wake and being bitterly disappointed to find it was merely the arm. I am almost certain I had then no idea of sex, but the disappointment was actual.

"These are the only early experiences of the sort I can remember. When about 9 I had others. On the coast of the north of England, which had then very few visitors and seemed to me very remote, I lived in a farm-house and used to assist the girls of the farm in looking after young cattle. These girls certainly instilled sexual ideas, though I did not realize them with precision. They used to talk about things a good many of which, I can now see, I did not then understand as they did. I liked to see these girls wading with their dresses tucked up. About this time I fell passionately in love with a girl cousin, but do not remember having any sensual ideas in regard to her. I cannot say that these early experiences had any influence on my later sexual development so far as I am consciously aware. I have always remembered them vaguely, never with sexual excitement.

"Sexual dreams took place first at about the age of 13; there was then emission and sensation in sleep. These were, however, not much associated with distinctly sexual dreams. All that I recall after them was the sensation, which, however, I did not even then absolutely localize. Masturbation was undoubtedly the direct result of these dreams. It was tried at first tentatively, out of curiosity to determine if the sensation of the dream could be so reproduced. Sexual dreams, such as I have described, occurred frequently, although I cannot say at what interval. I have never experienced the slightest attraction for the same sex."

HISTORY V.—"My maternal grandfather" (writes the subject of this history) "was a small farmer who kept a few beagles and greyhounds for hare-hunting. He had three daughters, one of whom became my mother. One of his sporting companions, a doctor of profligate habits and a drunkard, seduced my mother at the age of 20. When her condition was discovered she had to flee from the violence of her father, and I was born some distance from her home. After my grandfather's death I was reared by my grandmother; and saw nothing of my mother until I was nearly 16; she had left the country in shame and disgrace.

"I believe that in my heredity the transmission comes chiefly from my mother, who is now 58 years old. Although her life has been blameless in every particular since her youthful indiscretion, she has never got over it. I feel in my character a reflection of her overstrung condition during pregnancy.

"I can distinctly remember from the age of 9 years, and am sure that I had no sexual feelings before the age of 13, though always in the company of girls. I had many boyish passions for girls, always older than myself, but these were never accompanied by sexual desires. I deified all my sweethearts, and was satisfied if I got a flower, a handkerchief, or even a shred of clothing of my innamorata for the time being. These things gave me a strange idealistic emotion, but caused no sexual desire or erection.

"At 13 a 26-year-old sister of a boy companion once sat down on a sheaf of corn so as to expose the mons veneris and enticed me to copulate. There was slight erection, and after the act had been continued some time a pleasurable sensation of ejaculation, but without true emission. I had frequent relations with this woman after that.

"About this time the farm servant of a neighbor taught me masturbation. The mistress of the farm, a thin, willowy, dark woman, the mother of several children, treated me with such familiarity as once to urinate in my presence, so that I saw her very hirsute mons veneris. From that moment I conceived a great passion for her, and used to

tremble as soon as I saw her. I had become well developed and virile, but, though I think she was a lustful woman, I never ventured to touch her. I found an extreme ecstasy in masturbating while gazing upon some article of her clothing. This gave me much greater sexual pleasure than actual connection with the ever-willing sister of my school-fellow. I think I loved the married woman best because the *mons veneris* was more covered with hair.

"This has always had a peculiar attraction for me. Later, when accosted by prostitutes, I never would go with them unless I was assured the *mons veneris* was very hirsute. Never much addicted to masturbation, I derived no great enjoyment therefrom unless I had hair or part of the clothing of the woman with whom I was indulging in *psychic coitus*.

"At 16 I left school and went to a large city to learn a business. At this time the sexual appetite was very strong. I frequently had intercourse with three women in one evening.

"I have had but few lascivious dreams. In these the phantom partner was almost invariably a dead woman. (When about 8 I had seen the dead body of an aunt who died at 24.)

"When 20 I went to London and took all the pleasure which came my way. I cared only for normal coitus. Offers of another type created disgust. I once allowed a woman to exhaust me sexually orally, but felt degraded thereby. Women with whom I had become very intimate often urged me to *cunnilingus*, but I could not do it. I have practised intermammary coitus a very few times.

"At 26 I married a pure, gentle woman, after having for ten months before marriage led a life of celibacy. My wife died when I was 30, and for about eight months I lived a celibate life. Lascivious dreams sometimes occurred, but I invariably awoke before ejaculation. Eventually I gave way to the cravings of my strong sexual nature, but never wished for anything out of the usual except intercourse from behind. A woman with marked development of the nates has great attraction for me. Solitary masturbation has for some time ceased, but a nude woman in the act of masturbation with her back to me gives me great pleasure. I am as strong sexually at 38 as I was at 20, only I never want women unless I am brought into actual contact with them and they are hairy and have large pelvic development. I am in excellent health. Genitals are well developed, and I am clothed with hair from the chin to the genitals. My skull is dolichocephalic. I am violent and tenacious in temper, high-strung, and rapid in thought and action. My digestion is good, but I have a tendency to constipation. Occasionally I have a twinge of pain below the occipital region.

"My early views of women have changed; I no longer deify them, though I study them. I have known very sensual women living at home in respectable middle-class society. One, in particular, a girl of 18, after coitus used to excite me lingually. I have had a sweetheart who remained *virgo intacta*. Had I seduced her, as I could have done, I should have lost all interest in her. I could never bear the presence of naked men, and would never go to a public swimming bath for that reason. I regard myself as a man of abnormally strong, but, on the whole, healthy and wholesome, sexual feelings. As a rule, I have coitus twice or oftener in one week and I practise withdrawal. I am a total abstainer, and never could embrace a woman who smelled of drink."

HISTORY VI.—The writer of the following is a man of letters, married. "Quite early I remember a strange and romantic interest in the feminine. Certainly before I was 9 I had a strong affection for a little girl playmate; our family lost sight of hers, and I saw and heard nothing of her for sixteen years; then, hearing she was coming to town, I experienced quite a flutter of heart, so strong had been the impression caused at even the early age of our acquaintance. Not that I mean to say I never wavered in between! Through the whole of my boyhood I remember persistent romantic interests in girls and women, whose smooth, fair faces and sweet voices exercised ever a subtle attraction over me. Before I was 12 I had picked out my 'future wife' a dozen times at least! (A different one each time of course!) Curiosity as to the physical detail of sex and birth was singularly absent. Possibly this was partly due to the fact that the only younger member of our family was born when I was but 4 years old. Grave, shy, and reserved, I was never taken into the counsels of prurient schoolmates. I was unaware that there was such discussion between them—though it is, I suppose, not probable that our school was exempt. I was a great reader, and when about 12 or 13 I came across a reference to an illegitimate child which puzzled me. Ere long, however, in my random and extensive reading I hit on a book that touched on phallicism, and I learned that there were male and female organs of generation. I had neither shame nor curiosity; I jumped to the conclusion that during close caresses somehow a subtle aroma arose from the man to fertilize the woman; I left the subject at this, satisfied, and had no inkling of the real intimacy of the embrace.

"About 14, much interested in Bradlaugh, I bought both the Knowlton pamphlet and Mrs. Besant's population book. I found the physical details in scientific language so dull that I could not peruse them. By reading the argumentative passages I learned that *somehow* (I knew not how) children could be produced or not produced as de

sired; and in this stage of the matter it seemed to me so admirable that it should be so that I wondered why there should be cavil.

"About this age my elder brother believed it to be his duty to tell me the secrets of sex; I remember his talking to me, while I, bored and uninterested, thought of something else. When he finished I had heard nothing. Remember, I felt no shame on the matter—none at all. I was simply bored. This I attribute to two things: first, my preponderating interest in the romantic side of things; secondly (and this bears with it a strong moral), *the feeling that the knowledge lay always within my grasp kept me from that curiosity which so oft consumes those who think it is hidden away from them.*

"The changes of puberty came naturally and without startling me. Even the fact of emissions—which took place during sleep at intervals, unaccompanied by dreams or by any physical prostration afterward—has left on my memory no recollection of surprise; I knew it to be somehow connected with generation, but I had no physical trouble, and I am quite sure I did not bother further about it. The best possible proof of this lies in the fact that my memory is a blank on the matter. At the age of 21 (I take this from a diary, so I know it is correct) I was still ignorant as to intrinsic fact. Then I pulled myself together and felt it was really time I learned the actual details of the matter. I went to a clever friend of mine and asked him to tell me all about it. He expressed himself astounded at my not knowing; and he had very great shyness about telling me. In fact, I had to drag facts out of him by a real cross-examination, during which he persistently marveled at my ignorance. Though he had a great deal of false shame about the matter, I had none at all. His revelations considerably surprised me, because I had no idea that there was actual intromission. When I came to reflect on what I had learned the fact of this close physical intimacy appealed to me as being quite poetic and beautiful between two lovers; and I have had no reason since to change my opinion.

"*Summary.*—1. Romantic interest in girls and women commencing early and remaining persistently.

"2. Knowledge before puberty of the fact that this interest was based on the all-important process of reproduction.

"3. Absence of further physical curiosity even at puberty itself.

"4. Knowledge ultimately acquired without shock.

"The physical in sex has never been any bother to me, neither have I bothered about it. I have recognized it, frankly, and don't see why I shouldn't, but my unashamed recognition has probably been because the merely physical is less absorbing to me than to most. Mental and emotional interest in passion has absorbed me greatly, but the

merely physical has sunk into what I call its natural place of subordination. Nature is kind. It is our 'conspiracy of silence' which tends to emphasize physical detail."

HISTORY VII.—G. D., who is a doctor and a man of science, writes: "There is a strong history of gout on the paternal side. No history of alcohol, tubercle, brain trouble, or of the arthropathies. There is some reason to believe that two of my maternal aunts were sexually frigid, and perhaps this was true to a less extent of my mother, who had a contracted pelvis, necessitating the induction of labor at the eighth month of pregnancy.

"About the age of 7 a German nursery governess, B., took charge of me, and I soon became devoted to her. I was then a delicate child, and used to suffer frequently from nightmare, waking up screaming and covered with sweat. When this happened, B. would sometimes take me into her bed and soothe me with kisses, etc. These I returned, and can remember that I was particularly fond of kissing her breasts.

"About this time a girl cousin, A., about a year older than myself, was one of my most frequent playmates. I endeavored to monopolize her company and attention, and on this account often came to blows with C., a cousin rather younger than myself, who has since told me that he was then 'in love' with A. and 'jealous' of me. I believe I was really jealous and in love at the time, but cannot remember that anything in the nature of caresses took place between A. and myself.

"Some time later, probably when I was about 9, something led up to B. saying that she was not built like I was, that she had no penis, etc. (I cannot remember my nursery term for penis.) I was incredulous, and demanded to be allowed to see if it was true; this was refused, and I made many plans to gratify my curiosity, such as slipping into her room when she was dressing, tipping up the chair she was sitting in, and trying to suddenly thrust my hand up under her skirts. I did not succeed in finding out, but have since thought that, although she did not allow me to attain the object of my efforts, the later game caused her pleasurable sensations. I regard these efforts as being prompted purely by curiosity; I had no feelings of warmth or irritations of the genitals, and I certainly never manipulated them, nor was I, as far as I can judge, an unusually prurient small boy. B. left when I was about 10, when I went to a preparatory school.

"At 12½ I was sent to a public school, and was then told by my father the chief facts of sex and warned to avoid masturbation. My first wet dream took place when I was 14. Rather before this I had begun to suffer with severe intermittent testicular neuralgia which practically defied all treatment and continued on and off for four or five years, the attacks gradually becoming fewer and less severe.

"When 15, circumstances compelled me to leave school and to live for two years at the seaside with no companions of my own age. I had, however, the run of a well-stocked library, and fished and collected insects energetically.

"At 16 I made love to the trained nurse attending my mother, but, owing more, I think, to my timidity than to the austerity of her virtue, got no further than kissing. About this time wet dreams became inconveniently frequent; they would occur three or four times weekly, and resisted the stock remedies. At 17 I was advised to try connection. This I did, and found but little pleasure in the act, there being a strong esthetic objection to the 'love that keeps awake for lure.'

"About this time I found in the United States Pharmacopœia a remedy for my emissions, which have, however, always remained rather more frequent than those of the average individual, judging from the experience of my friends. Emissions are generally accompanied by lascivious dreams, but at times take place when I dream that I am hurrying to catch a train, or to micturate against time.

"I have of late years (not noticed till after 20) observed that the dream accompanying emission is shorter; so that, whereas up to, say, 21 I generally performed the whole physiological act with my dream-charmer, I now almost invariably emit and awake before intromission has taken place. There has been no alternation comparable to this in the performance of the act while I am awake.

"As regards my physique I should mention that all my reflexes are very brisk, though I am only slightly ticklish in the ordinary sense of the term. I sweat easily and am very shy, not only with women, but with any strangers. I have, however, trained myself not to show this. About averagely passionate, I should say, and extremely critical where women are concerned, the latter quality often keeping me chaste for months at a time."

HISTORY VIII.—"When I was about 8 years old" (states the lady who is the subject of the present observation) "I remember that, with several other children, we used to play in an old garden at being father and mother, unfastening our drawers and bringing the sexual parts together, as we imagined married people to do, but no sexual feelings were aroused, nor did the boys have erections." When about 10 years old she became conscious of a pleasurable sensation associated with the smell of leather, which has ever since persisted. At that age she was sometimes left to wait in the office of a wholesale business house full of leather-bound ledgers. She did not then notice the sensation particularly, and was certainly not conscious of any connection with sexual emotion. Menstruation was established at 13½ years. Distinct

sexual feelings were first observed a few months later. "The first feelings of love which I ever felt were at the age of 14 for a nice, manly boy of my own age, who often came to our house. He liked me, but was not in love with me. It was very seldom that he would sit by me and hold my hand, as I wished him. This went on till I was about 17, when he went to the university. After his first term he came back and was then attracted to me; but, though I loved him very much, I was too proud to show it. When he tried to kiss me, I resisted, though I longed for it. Thinking I was greatly offended, he apologized, which only made me angry. All these years I was worshiping at his shrine and mixed him up with all my ideas of life." Whenever she was near him she experienced physical sensations, with moistening of the vulva. This continued till she was about 20, but the object of these emotions never again attempted any advances.

At 19 she became engaged to someone else. At the beginning she was physically indifferent to her lover, but when he first kissed her she became greatly excited. The engagement, however, was soon broken off from absence of strong affection on either side and chiefly, it would seem, from the cooling of the lover's ardor. She thinks he would have been more strongly attached to her if she had been colder to him, or pretended to be, instead of responding with simplicity and frankness.

During the next few years little occurred. She was working hard, and her amusements would mostly, she says, be regarded as rather childish. She was extremely fond of dancing, and she was always pleased when anyone paid her attention. She was frequently conscious of sexual feelings, sometimes tormented by them, and she regarded this as something to be ashamed of. The constant longing for love was affected little or not at all by hard work. "At about this time I was very fond of abandoning myself to day-dreams. I was very glad if I could get everyone out of the house and lie on an easy chair or the bed. I liked especially to read poetry, all the more if I did not quite understand it. This would lead me on to all sorts of dreams of love, which, however, never went beyond the preliminaries of actual love—as that was all I then knew of love." The only climax to her dream of love was founded on a piece of information volunteered by a married woman many years earlier, when she was about 12. This lady—evidently agreeing with Rousseau (who in *Emile* commended the mother's reply to the child's query whence babies come, "*Les femmes les pient, mon enfant, avec des grands douleurs*") that the unknown should first be explained to the young in terms of the known—told her that the husband micturated into the wife. She therefore used to imagine a lover who would bear her away into a forest and do this on her as she lay at the foot of a tree. (At a later date she accidentally di-

covered that a full bladder tended to enhance sexual feelings, and occasionally resorted to this physical measure of heightening excitement.) All the physical sensations of sexual desire were called out by these day-dreams, with abundant secretion, but never the orgasm. Her reveries never led to masturbation or to allied manifestations, which have never taken place. Such a method of relief has, indeed, never offered any temptation to her and she doubts even its possibility in her case. (At a later period of life, however, at the age of 31, masturbation began and was practised at intervals.) At the same time she remarks that, while no orgasm (of which, indeed, she was then ignorant) ever occurred, the sexual excitement produced by the day-dreams was sufficiently great to cause a feeling of relief afterward. These day-dreams were the only way in which the sexual erethism was discharged. She cannot recall having erotic dreams or any sexual manifestations during sleep.

Spontaneous sexual excitement was present a few days before menstruation, and fairly marked during and immediately after the period. It also tended to recur in the middle of the intermenstrual period.

The pleasurable sensation connected with the smell of leather became more marked as she approached adult age. It was especially pronounced about the age of 24, and the sexual emotion it produced (with moisture of the vulva) was then clearly conscious. No other odor produced this effect in such a marked degree. It was often associated with leather bags, but not with boots, though on rubbing the leather of shoes she found that this odor was given out. She cannot account for its origin, and does not connect any association with it. It never affected her conduct or led to fetichistic habits.

Some other odors affect her in the same way, though not to the same degree as leather. This is more especially the case with some flowers, especially white flowers with heavy odors, like gardenias. Many flowers, on the other hand, like primroses, seem rather opposed to sex effect, too fresh, though stimulating to the mind. Some artificial scents tend to produce sexual effects also. Personal odors have no influence of this kind. (At a later period the sexual influence of personal odors was occasionally experienced, but the present history deals only with the period before marriage.)

She believes that most beautiful things, however unconnected with sex, have a tendency to produce distinctively sexual feelings in a faint degree, although sometimes more marked, with secretion. She has, however, never experienced homosexual feeling, and, on first consideration, was inclined to believe that the sight of a beautiful woman had no sexual effect on her, though she could quite understand such an effect,

Subsequently, on recalling as well as observing her experiences more carefully, she found that a lovely woman's face and figure (especially on one occasion the very graceful figure of a beautiful fairy in a ballet) produced distinct sexual sensations (with mucons emission). Music, however, has strongly emotional effects upon her, and she cannot recall that she ever felt any equally powerful influence of this kind in the absence of music.

Looking back on the development of her feelings she finds that, though in some respects they may have been slow, they were simple, natural, spontaneous, and correspond to "the dawning and progress which go on in the development of every girl. While it is going on in actual fact, the girl does not know or bother herself about trying to understand it. Afterward it seems quite clear and simple. Full occupation of the brain, and hands too, while it does not do away with desire, is a great help and safeguard to a growing girl, when combined with proper information about herself and her relation to man the animal, so that she may realize where she is and how to choose the right man—though under the best conditions failure may occur."

HISTORY IX.—The subject belongs to a large family having some neurotic members; she spent her early life on a large farm. She is vigorous and energetic, has intellectual tastes, and is accustomed to think for herself, from unconventional standpoints, on many subjects. Her parents were very religious, and not, she thinks, of sensual temperament. Her own early life was free from associations of a sexual character, and she can recall little that now seems to be significant in this respect. She remembers that in childhood and for some time later she believed that children were born through the navel. Her activities went chiefly into humanitarian and utopian directions, and she cherished ideas of a large, healthy, free life, untrammelled by civilization. She regards herself as very passionate, but her sexual emotions appear to have developed very slowly and have been somewhat intellectualized. After reaching adult life she has formed several successive relationships with men to whom she has been attracted by affinity in temperament, in intellectual views, and in tastes. These relationships have usually been followed by some degree of disillusion, and so have been dissolved. She does not believe in legal marriage, though under fitting circumstances she would much like to have a child.

She never masturbated until the age of 27. At that time a married friend told her that such a thing could be done. She found it gave her decided pleasure, indeed, more than coitus had ever given her except with one man. She has never practised it to excess, only at rare intervals, and is of the opinion that it is decidedly beneficial when thus moderately indulged in. She has sometimes found, for instance, that,

after the mental excitement produced by delivering a lecture, sleep would be impossible if masturbation were not resorted to as a sedative to relieve the tension.

Spontaneous sexual excitement is strongest just before the monthly period.

Definite sexual dreams and sexual excitement during sleep have not occurred except possibly on one or two occasions.

She has from girlhood experienced erotic day-dreams, imagining love-stories of which she herself was the heroine; the climax of these stories has developed with her own developing knowledge of sexual matters.

She is not inverted, and has never been in love with a woman. She finds, however, that a beautiful woman is distinctly a sexual excitation, calling out definite physical manifestations of sexual emotion. She explains this by saying that she thinks she instinctively puts herself in the place of a man and feels as it seems to her a man would feel.

She finds that music excites the sexual emotions, as well as many scents, whether of flowers, the personal odor of the beloved person, or artificial perfumes.

HISTORY X.—The subject is of German extraction on both sides. The father is of marked intellectual tastes, as also is she herself. There is no unhealthy strain in the family so far as she is aware, though they all have very strong passions. She is well developed, healthy, vigorous, and athletic, any trouble to which she is subject being mainly due to overwork.

Looking back on her childhood, she can now see various sexual manifestations occurring at a period when she was quite ignorant of sex matters. "The very first," she writes, "was at the age of 6. I remember once sitting astride a banister while my parents were waiting for me outside. I distinctly remember a pleasurable sensation—probably in part due to a physical feeling—in the thought of staying there when I knew I ought to have run out to them. From that year till the age of 10 I simply reveled in the idea of being tortured. I went gladly to bed every night to imagine myself a slave, chained, beaten, made to carry loads and do ignominious work. One of my imaginings, I remember, was that I was chained to a moldering skeleton." As she grew older these fancies were discontinued. At the same time there was a trace of sadistic tendency: "I used to frighten and tease a young child, driven to it by an irresistible impulse, and experiencing a certain pleasurable feeling in so doing. But this, I am glad to say, was rare, as I hate all cruelty."

One of her favorite imaginings as a child was that she was a boy, and especially that she was a knight rescuing damsels in distress. She

was not fond of girls' occupations, and has always had a sort of chivalrous feeling toward women.

"When I first heard of the sexual act," she writes, "it appeared to me so absurd that I took little notice. About the age of 10 I discussed it a good deal with other girls, and we used to play childishly indecent games—out of pure mischief and not from any definite physical feeling."

About a year after menstruation was established she accidentally discovered the act of masturbation by leaning over a table. "I discovered it naturally; no one taught me; and the very naturalness of the impulse that led me to it often made me in later years question the harmfulness." Both her sisters masturbated from a very early age, but not, to her knowledge, her brother. The practice of masturbation was continued. "For many years, imbued with the old ideas of morality, I struggled against it in vain. The sight of animals copulating, the perusal of various books (Shakespeare, Rabelais, Gautier's *Made-moiselle de Maupin*, etc.), the sight of the nude in some Bacchanalian pictures (such as Rubens's), all aroused passion. Coexistent with this—perhaps (though I doubt it) due to it—arose a disgust for normal intercourse. I fell in love and enjoyed kisses, etc., but the mere thought of anything beyond disgusted me. Had my lover suggested such a thing I would have lost all love for him. But all this time I went on masturbating, though as seldom as possible and without thought of my lover. Love was to me a thing ideal and quite apart from lust, and I still think that it is false to try to connect the two. I fear that even now, if I fell in love, sexual intercourse would break the charm. At the age of 18 I came across Tolstoy's *Kreutzer Sonata* and was overjoyed to find all I had thought written down there. Gradually, through seeing a friend happily married, I have grown to a more normal view of things. I am very critical of men and have never met one liberal-minded and just enough to please me. Perhaps if I did I might take a perfectly healthy view of things."

In course of time various devices had been adopted to heighten sexual excitement when indulging in masturbation. Thus, for instance, she found that the effects of sexual excitement are increased by keeping the bladder full. But the chief method which she had devised for heightening and prolonging the preliminary excitement consisted in wearing tight stays (as a rule, she wears loose stays) and in painting her face. She cannot herself explain this. Self-excitement is completed by friction, or sometimes by the introduction of a piece of wood into the vagina. She finds that, the more frequently she masturbates, the more easily she is excited. Spontaneous sexual feeling is strongest before and after the menstrual period; not so much so during the periods.

There are various faint traces of homosexuality, it may be gathered, in the history of this subject's sexual development. Recently these have come to a climax in the formation of a homosexual relationship with a girl friend. This relationship has given her great pleasure and satisfaction. She does not, however, regard herself as being a really inverted person.

There have been vivid sexual dreams from about 17 (apparently about the period of the relationship with the lover). These dreams have not, however, had special reference to persons of either sex.

Apart from the influence of books and pictures already mentioned, she remarks that she is sexually affected by the personal odor of a beloved person, but is not consciously affected by any other odors.

HISTORY XI.—Widower, aged 40 years. Surgeon. "My experience of sexual matters began early. When I was about 10 years of age a boy friend who was staying with us told me that his sister made him uncover his person, with which she played and encouraged him to do the same for her. He said it was great fun, and suggested that we should take two of my sisters into an old barn and repeat his experience on them. This we did, and tried all we could to have connection with them; they were nothing loath and did all they could to help us, but nothing was effected and I experienced no pleasure in it.

"When I went back to school I attracted the attention of one of the big boys who slept in the same room with me; he came into my bed and began to play with my member, saying that it was the usual thing to do and would give me pleasure. I did not feel any pleasure, but I liked the attention, and rather enjoyed playing with his member, which was of large size, and surrounded by thick pubic hair. After I had played with him for some time I was surprised at his having an emission of sticky matter. Afterward he rubbed me again, saying that if I let him do it long enough he would produce the same substance from me. This he failed to do, however, though he rubbed me long and frequently, on that and many other occasions. I was very disappointed at not being able to have an emission, and on every occasion that offered I endeavored to excite myself to the extent of compassing this. I used to ask to go out of school two or three times a day, and retired to the closet, where I practised on myself most diligently, but to no purpose, at that time, though I began to have pleasurable emotions in the act.

"When I went home for the holidays I took a great interest in one of my father's maids, whose legs I felt as she ran upstairs one day. I was in great fear that she would complain of what I had done, but I was delighted to find that she did nothing of the sort; on the contrary, she took to kissing and fondling me, calling me her sweetheart and saying that I was a forward boy. This encouraged me greatly, and

I was not long in getting to more intimate relations with her. She called me into her room one day when we were alone in the house, she being in a half-dressed condition, and put me on the bed and laid herself on me, kissing me passionately on the mouth. She next unbuttoned my trousers and fondled and kissed my member, and directed my hand to her privates. I became very much excited and trembled violently, but was able to do for her what she wanted in the way of masturbation until she became wet. After this we had many meetings in which we embraced and she let me introduce my member until she had satisfied herself, though I was too young to have an emission.

"On return to school I practised mutual masturbation with several of my schoolfellows, and finally, at the age of 14 years, had my first real emission. I was greatly pleased thereat, and, with this and the growth of hair which began to show on my pubis, began to feel myself quite a man. I loved lying in the arms of another boy, pressing against his body, and fondling his person and being fondled by him in return. We always finished up with mutual masturbation. We never indulged in any unnatural connections.

"After leaving school I had no opportunity of indulging in relations with my own sex, and, indeed, did not wish for such, as I became a slave to the charms of the other sex, and passed most of my time in either enjoying, or planning to enjoy, love passages with them.

"The sight of a woman's limbs or bust, especially if partly hidden by pretty underclothing, and the more so if seen by stealth, was sufficient to give a lustful feeling and a violent erection, accompanied by palpitation of the heart and throbbing in the head.

"I had frequent coitus at the age of 17, as well as masturbating regularly. I liked to perform masturbation on a girl, even more than I liked having connection with her; and this was especially so in the case of girls who had never had masturbation practised on them before; I loved to see the look of surprised pleasure appear on their faces as they felt the delightful and novel sensation.

"To gratify this desire I persuaded dozens of girls to allow me to take liberties with them, and it would surprise you to learn what a number of girls, many of them in good social position, permitted me the liberty I desired, though the supply was never equal to my demand.

"With a view to enlarging my opportunities I took up the study of medicine as a profession, and reveled in the chances it gave of being on intimate sexual terms with many who would have been, otherwise, out of my reach.

"At the age of 25 I married the daughter of an officer, a beautiful girl with a fully developed figure and an amorous disposition. While engaged, we used to pass hours wrapped in each other's arms, practising

mutual masturbation, or I would kiss her passionately on the mouth, introducing my tongue into her mouth at intervals, with the invariable result that I had an emission and she went off into sighs and shivers. After marriage we practised all sorts of fancy coitus, *coitus reservatus*, etc., and rarely passed twenty-four hours without two conjunctions, until she got far on in the family way, and our play had to cease for a while.

"During this interval I went to stay at the house of an old school-fellow, who had been one of my lovers of days gone by. It happened that on account of the number of guests staying in the house the bed accommodation was somewhat scanty, and I agreed to share my friend's bedroom. The sight of his naked body as he undressed gave rise to lustful feelings in me; and when he had turned out the light I stole across to his bed and got in beside him. He made no objection, and we passed the night in mutual masturbation and embraces, *coitus inter femora*, etc. I was surprised to find how much I preferred this state of affairs to coitus with my wife, and determined to enjoy the occasion to the full. We passed a fortnight together in the above fashion, and, though I afterward went back and did my duty by my wife, I never took the same pleasure in her again, and when she died, five years later, I felt no inclination to contract another marriage, but devoted myself heart and soul to my old school-friend, with whom I continued tender relations until his death by accident last year. Since then I have lost all interest in life."

"The patient," writes the well-known alienist to whom I am indebted for the above history, "consulted me lately. I found him a fairly healthy man to look at, suffering from some neurasthenia and a tendency to melancholia. Generative organs large, one testicle shows some wasting, pubic hair abundant, form of body distinctly masculine; temperament neurotic. He improved under treatment, and, after seeing me three times and writing out the above history, came no more."

HISTORY XII.—Mrs. B., aged 32. Father's family normal; mother's family clever, eccentric, somewhat neuropathic. She is herself normal, good-looking, usually healthy, highly intelligent, and with much practical ability, though at some periods of life, and especially in childhood, she has shared to some extent in the high-strung and supersensitive temperament of her mother's family. As a child she was sometimes spoiled and sometimes cuffed, and suffered tortures from nervousness. She has, however, acquired a large measure of self-control.

The first sensations which she now recognizes as sexual were experienced at the age of 3, when her mother gave her an injection; afterward she declared herself unable to relieve her bowels naturally in

order to obtain a repetition of this experience, which was several times repeated. At the age of 7 a man pursued her with attentions and attempted to take liberties, but she rejected his advances in terror; four years later another man attempted to assault her, but she resisted vigorously, struck him, and escaped by running. Neither of these sexual attempts appears to have left any serious permanent impression on the child's mind.

At the age of 11, when her mother was giving her a bath, the sensation of her mother's fingers touching her private parts gave her what she now knows to be sexual feelings, and a year later when taking her bath she would pour hot water on to the sexual region in order to cause these sensations; this did not lead to masturbation, but she had a vague idea that it was "wrong."

At the age of 12 menstruation began; she suffered very severely from dysmenorrhea, the period sometimes lasting for ten days, and the pain being often extreme. She was not treated for this condition, her mother being of opinion that she would outgrow it. From the age of 14 or 15 until 23, or about the period of her marriage, she suffered from anemia.

She had little curiosity about sexual matters; her mother wished that she should always come to her for information about things she became acquainted with as to the general facts of sex; she did not, however, know definitely the facts of copulation until her marriage. She knew nothing of erection or semen, and thought that when a man and woman placed their organs together a child resulted. She hated talking about these subjects indecently, and would not listen to the sexual conversation of her schoolfellows. She never felt any homosexual attraction. Once another girl was much in love with her, but she despised and disliked her attentions; again, when a girl much older than herself, a friend of her mother's, slept with her and made advances, she repelled her and refused to sleep with her again.

She always got on well with men, and men were attracted to her. She was direct and sincere, without undue modesty. But she never allowed men to touch her or kiss her. She was a good dancer, and fond of dancing, but denies that it ever led to sexual feelings. She never felt any sexual attraction for a man until, at the age of 20, she fell in love with her future husband five years or more before marriage.

At this period she began to feel vague discomfort, which she knew to be localized near her sexual organs. She was aware, in a dim way, that it was connected with her love, and was of a sexual nature. But there was no definite idea of sexual intercourse. She felt nervous and depressed. If she had been asked to state what would relieve her, she could only have said B.'s presence and tenderness. A few days before

he declared his love she experienced the nearest approach to sexual feeling she had ever had. It was summer and, with B. and some of her family, she had gone on a little expedition. One evening, in the train after a day's excursion, B. took her hand (unperceived by the others) and held it for some time. This aroused the strongest emotions in her; she closed her eyes, and, though she was not at the time aware that her sensations were localized in her sexual organs, she thinks, in the light of subsequent knowledge, that she then experienced the orgasm.

During the engagement, which lasted between two and three years, circumstances prevented frequent meetings. B. would kiss her, suck her nipples, which became erect, and lie on her. She allowed him to take these liberties, feeling that if she refused him all satisfaction he might have relations with other women. She still felt no definite desire for contact of the sexual organs. She longed rather to be embraced and kissed, and to lie in her lover's arms all night. A few months before marriage, however, she masturbated occasionally, just before or just after menstruation, imagining, while doing it, that she was in her lover's arms. The act was usually followed by a sick feeling. Just before marriage she underwent an operation for the relief of the dysmenorrhea. She was somewhat shocked and sickened by the experiences of the wedding night. It seemed to her that her husband approached her with the violence of an animal, and there was some difficulty in effecting entrance. Coitus, though incomplete, took place some seven times on this first night. The bleeding from rupture of the hymen continued, so that for two days she had to wear a towel. For two months subsequently there was great pain during intercourse, although she suppressed the indications of this.

There were several children born of the marriage and for some years she lived happily, on the whole, with her husband, notwithstanding various hardships and difficulties and some incompatibility of temper.

As regards her sexual feelings she considers, from what other women have told her, that her feelings are, if anything, stronger than the average. The orgasm, however, was not fully developed until about five years after marriage. Sexual feeling is most pronounced before, during, and after the menstrual period, more especially before and about the third day (the period usually lasts from five to seven days). There is more sexual desire during pregnancy, especially toward the end, than at any other time. She never refused normal intercourse to her husband, but any abnormal or perverted method of sexual gratification is repellent. She was awakened one night about the third month of pregnancy by her husband inserting his penis *in ore*; the child was born with palate defect and she is herself inclined to believe that this incident was the cause of the defect. Though she desires normal inter-

course, she has seldom obtained complete gratification. For a long time she disliked seeing or touching the penis, and the feel, and especially the smell, of the semen produced nausea and even vomiting. (She has a very delicate sense of smell as well as of taste; though fond of the scent of flowers, no sexual feelings are thus aroused.) Withdrawal and the use of condoms are unsatisfactory to her, and mutual masturbation gives no relief and produces headache. Feelings of friendship for her husband have been most potent in arousing the sexual emotions, and she has had most pleasure in intercourse after a day spent in bicycling together. She has been for many months at a time without sexual intercourse, and during such periods has suffered much from pain in the head; this, however, she has now completely surmounted. She eventually discovered that her husband's abstinence from marital intercourse was due to infidelity. This led to a definite separation. She still occasionally experiences sexual desire, but has no inclination to masturbate. Her life is full and busy, affording ample scope for her energies and intelligence; moreover, she has her children to train and educate. She herself believes that her sexual life is at an end.

HISTORY XIII.—G. R., army officer. "I am 35 years of age. My parents married at the ages of 38 and 25, and my father is now 84 and my mother 71; both are particularly strong and healthy in body and mind. I am of old lineage on both sides, and know of no disease, defect, or abnormality among any of my ancestors or relations, except that my mother's family has a slight tendency to drink and excess, the present members of it all being considered eccentric. I have one brother and one sister living (brother unmarried, sister with several children) and am the youngest of a family of five. My brother is abnormal, but I don't know exactly in what way or from what cause. I have a strong suspicion that he masturbates to excess. My father is artistic and my mother musical. I have no aptitude for either, but appreciate both enormously, though not until about ten years ago. My principal reading is religion, science, and philosophy, with an occasional standard novel, or a modern novel of the 'improper' type by way of relaxation. I became a convinced and militant rationalist about five years ago, but have been an unbeliever since I left school. I was anemic and threatened with bowel complaint at the age of 7, and was in consequence taken abroad for my health. I am now strong and vigorous, with great powers of endurance, and enjoy all forms of sport and exercise, particularly hunting, pig-sticking, and polo. I drink a lot, and am never fitter than when eating, drinking, and taking exercise in what most people would call excess. It takes more alcohol than I can hold to make me drunk when in England; but not so in the East. I have been told that I am very good-looking.

"When I was about 4 or 5 I was constantly chaffed by my older companions about putting my hand down my trousers and playing with my privates. I don't remember getting an erection, nor at what age this first occurred with me. At one time my brother and I used to play about with my sister's underclothing, and took great pleasure in it, but we never saw her genitals. She told us that on carefully examining herself one day she was glad to find that she had a small penis like boys had—doubtless the clitoris. When in France, at the age of 8 to 10, I began to notice the sexual parts of animals, and was very keen to know what mares kept between their hind legs. Later on I took great pleasure with another boy in feeling the teats of a she-ass, and, by myself, the penis of a donkey, as I had seen the French grooms do; but I took no interest in my own penis. I used to put my finger as far up the anus as it would go, and got a vague satisfaction from it. I went to a small private school at the age of 11, having been previously told by my mother of the manner of birth of men and animals, of which I was quite ignorant till then. She made no mention of the part taken by the father, and I never thought about it. Even then I was left with the impression that one was born through the navel. I was initiated at school, and used to handle the penis of the boy who told me. On several occasions I did *fellatio* for him, and liked it, but he never offered to do the same for me, and I don't think he got much satisfaction out of it. Soon after this I became conscious of pleasurable sensations when lying on my stomach with an erection, and used occasionally to gratify myself that way, caring little for the school tradition that it was 'wicked' and bad for one. On one occasion, when talking at night with another boy, we compared our organs, both in erection, and I then for the first time thought of trying what I had heard vaguely mentioned, viz., two boys playing at man and woman. I lay on him with my penis on his stomach and almost at once had an orgasm with emission, and experienced acute pleasure, though both he and I supposed that I had involuntarily micturated. I was 13 when this happened. I did it once more with him before I left, this time the other way up, so as to spare him the unpleasantness. I used to like kissing and hugging the smaller boys, and had a great eye for good looks. On going home for the holidays I masturbated with my hand out of curiosity to see what happened when the orgasm occurred, and then only did I fully understand the nature of the act. After this the rush and strangeness of a large public school distracted my attention, but I heard about wet dreams, masturbation, and homosexuality from the other boys, and soon became thoroughly initiated. I believe the tone of my house, if not of the whole school, was exceptionally bad; though it may only be that I saw more of it because I was attracted by it, and that other schools

are the same really. Things involving certain expulsion if found out were done more or less in public, and I have myself openly got into bed with or masturbated other boys, and on more than one occasion have helped forcibly to masturbate small boys or to hold them while others had connection with them, the idea of the last two acts being that the boy would thereby be seduced and become available for, and willing to perform, homosexuality. Before I became big enough to have boys myself I masturbated frequently (on one occasion three times in the day), and invariably by lying on my stomach without the use of the hands. In having connection with other boys I used to do it between the thighs or on the stomach, and I never heard of any other way at that school. *Pedication* would disgust me, and, moreover, would deprive me of the principal pleasure of intercourse, viz., the feeling of lying face to face and stomach to stomach. Of course, the satisfaction used to be mutual, but, though good-looking, I was never the passive party only, like some small boys who might be called professionals and whom I used to pay for their services. I went back after I had left and had a boy in the dark whom I had never seen before, having been told that he was all right. I used to have a very genuine affection for any party to my pleasure, though I took delight in torturing one in particular, but for what reason I cannot say. For one boy I developed a deep love, which lasted long after we had left school and had ceased all sexual connection. This love was as strong as anything I have ever felt since.

"I don't remember whether it was while I was at school or later that I first began again to take a sexual interest in animals. I used to masturbate a good deal and was always trying to find new ways of doing it and new substances to lie on. It was while feeling the vulva of a young mare that the brilliant thought struck me of trying to copulate with her, and thus getting the advantage of the soft vagina. It afforded me great satisfaction and I had an emission, though I did not then, nor at any other time with any other animal, succeed in penetrating properly. I afterward did the same with other mares and with a certain cow whenever I got a safe opportunity, which was not as often as I could have wished. I have not had connection with an animal for about ten years, but would have no objection to doing so, and feel sure I could perform the act properly now. After I left school at 17, I occasionally had longings for boys, but it was the exception and not the rule. I continued to masturbate, but not to excess, and used to make ineffectual efforts to stop it, but never succeeded for very long. When I was confirmed, at the age of 15, I became intensely religious, and was so remorseful at my first lapse from virtue that I burnt my leg with a red-hot poker, and I bear the scar still. On leaving school I went to Germany and there had my first coitus with a woman, a fat old German

who gave me very little satisfaction. My next, a Jewess, gave me more than I asked for, in the shape of a soft chancre. In my ignorance I never had it treated, but it must have been very mild, for it disappeared of its own accord. When cramming in England I occasionally went home with a prostitute, but did not care much about them and could not afford good ones. On one occasion I was impotent. It may have been through drink, but it disgusted me with myself. I liked seeing the women naked, and always insisted that they should strip, especially the breasts, which I liked large and full. I had not learned to kiss on the lips, and had no desire to kiss the body, except the breasts, which I was generally too shy to do. But as I nearly always wore a condom and found penetration difficult I did not much enjoy the actual coitus. I am fully convinced that if women had been more accessible, if I had not thought myself bound to use preventives in self-defense, and if the act had not been looked upon with such disfavor by those in authority over me, I should have masturbated less or not at all, and would not have been tempted to bestiality. When I was 22 I had coitus with a girl who was not a prostitute for the first time. I was violently excited and enjoyed it more than anything I had yet experienced, in spite of the facts that she would not undress and insisted on withdrawal before emission. On one other occasion only have I had coitus with a non-professional unmarried woman. Shortly after this I caught syphilis from a girl of the streets. I was circumcised and stayed in a private hospital for six weeks. It never went beyond the primary stage, and I have felt no ill effects from it, except that I have got a hydrocele in the right testicle. Of course, this incident necessitated the use of a condom on every occasion, and it greatly spoiled my pleasure. About this time a brother-officer older than myself made advances to me. He compared me to a Greek statue, and wanted to kiss me. I would have nothing to do with him, but was glad to have his confessions of homosexuality and somewhat surprised to learn that he was not alone in the regiment. I afterward fell in love with his sister, and he married and had children. He was bisexual in his inclinations, but was really in love with me for a short time.

"I had little to do with professionals until I went to South Africa, and though I was fond of ladies' society, and liked by ladies, I looked upon them as something apart, especially married women, and never attempted to take liberties with them; though I used to with shopgirls, etc., in my cramming days, and had often been in love. In South Africa I first began really to enjoy coitus, and on going to India continued to do so; in fact, I thought sexually of nothing else and rarely masturbated,—perhaps once in three weeks. I would go to brothels wherever they were available, Durban, Cape Town, Colombo,

Calcutta, Bombay, and at one time preferred black women to white. I used to have horrible orgies with my brother-officers, and on one occasion I ordered six women to my bungalow in order to celebrate my birthday, and made a present of them to five of my friends after dinner. During this period, and until I went home, I rarely spoke to a lady, the chief exception being No. 1, a brother-officer's wife, with whom I began to be in love.

"Shortly after the South African War I fell violently in love with a young brother-officer, 'Z.' It amounted to a passion and I was forced to make overtures to him. He did not understand, being ignorant of homosexuality and quite virile, and would have nothing to do with me, though he was very nice about it. This lasted for about a year, and then, thinking no doubt that he had better stop it, as I was really making myself very ridiculous and was mad with love, he threw me up altogether. I was intensely miserable for some time, and then I recovered and we made it up, and are now firm friends. I still want to kiss and stroke him when I see him naked, but would do nothing more. I went home by way of Japan after several years' absence from home, taking the women of the Eastern ports as I went, until I contracted gonorrhea in the Tokio Yoshiwara. I could not get rid of it, and arrived home in that state, having been deprived of the pleasure of trying several new races on the way in consequence. In England I rushed into a society which I had quit on such different terms, and it received me with open arms. I very soon began a flirtation with a married woman, and she completed my education in kissing which had been begun by the Japanese harlots. I was just coming to the point with this woman when I met No. 1 again, and my love for her was at once renewed. I told her so, but I knew that she did not return it. I then became attracted to No. 2, a girl older than myself, whom I had known all my life. I kissed her and fondled her breasts; but she would not allow anything else, until one night, when in the train with her, I got my hand down farther than she intended. It ended in my performing *cunnilingus* on her first, and then obtaining satisfaction between her thighs—a large step to take after the former limitations. Previous to this I had on several occasions obtained an emission, without meaning to, by lying on her fully dressed. She was aware of my disease, which by that time had become a gleet and did not inconvenience me in any way. From that time until I went back to India we went through the same performance whenever possible, I masturbating her sometimes with the finger, sometimes with the tongue, and having connection with various parts of her body, including the breasts, but always with a condom on account of my disease. She used to strip for my edification, and we frequently spent the night in the same bed. I was attracted to

her mentally, but not very much physically; that is to say, that if circumstances had not thrown us together I should never have picked her out from other girls as being sexually attractive to me. I returned to India, and to No. 1, though I kept faithful to No. 2 in word and deed for five months, but gradually the overmastering influence of No. 1 reasserted itself over me. And then I met No. 3. We were attracted to each other at first acquaintance, and the attraction was mental and sexual. She was married and in love with another man, but that did not prevent her from kissing me. I felt her breasts, masturbated her, and had emissions by lying on her, but she drew the line at one thing, viz., kissing on the lips; and I drew it at coitus. We arranged a trip together during which I went to bed with her, but never had coitus, though we both had frequent orgasms in other ways. Before starting on this trip I had thought that I should not see No. 1 again, and she let me kiss her, to my unspeakable joy. Circumstances, however, intervened, and I went straight to No. 1 after parting with No. 3, told her all I had done, and then kissed her again, leaving her just before her real lover, with whom she was then living, arrived. Later I returned again to No. 1, now in child to her lover. We lived together for three nights in spite of this. She then went home, and I had no connection with any woman for two years, except one black woman, being consumed with love and worship for No. 1. I was much in society, but never had any luck. At the end of this time I was traveling one night with a young officer ('X'), slight and effeminate and preferring men to women, with whom I had been until then on friendly but not intimate terms. I watched him undress and go to bed, and then, having myself undressed, went over to his bunk and put my hand under his clothes. He at once responded, and I got into his bed, both of us being in a frenzy of passion and surprise. But I was fairly sure of my ground or I would not have dared to take the risk. I used often to go to his bed after this, and on one occasion had coitus with a girl on a chair at a ball and the next night with my young officer. I scarcely knew the girl, and don't know her name now, but I took her measure, made her excited by manipulation and kissing, and then got her consent. I did not harm her, even if I had been the first, for orgasm occurred before I had penetrated beyond the lips. X surprised me by telling me that he had had connection with three other officers in my regiment, as well as with several others in the same station. He would not tell me their names, but I guessed easily enough. He used to drink heavily, and once I got into his bed when he was in a drunken stupor and he was quite unaware that I was there for some time. I myself was drinking too much at this time, and was frequently drunk before dinner. In the hot weather that followed I had one orgy in Bombay which lasted three nights. I started

on a Greek and a Pole and finished up with a Japanese, two brother-officers accompanying me. Afterward I was much alone during the day in my bungalow, and used to become possessed by intense desire. I masturbated occasionally, but by this time took but little pleasure in it, always craving for the moist human vagina. I had often heard, and myself quoted, the Pathan proverb 'Women for breeding; boys for pleasure; melons for delight,' and one day when seeking for some novelty with which to masturbate, and my eye being caught by a melon put ready for me to eat, it flashed across me to try whether the proverb was in any way true. I found it most satisfactory, and practised it several times after that, the pepita (papaye or pawpaw) being the nearest approach to the human vagina. The opportune arrival of a fairly good-looking punkah woman, however, put an end to this form of enjoyment by providing me with what I wanted. Soon afterward I went home again, taking the Japanese at Bombay on my way.

"I had kept up a correspondence with No. 1 all this time, but we had made a compact that whatever each did until we met again was not to count, and I knew that she had had at least one liaison since our parting, and was in entire ignorance of the state of her feelings toward me. Therefore, while trying to arrange a meeting with her, I took the first thing that chance threw in my way, thinking a bird in the hand better than the off chance of a better one in the bush. This was No. 4, with whom I spent three days at the seaside after having first had coitus with her in my own home while she was in the monthly state. Immediately on parting from her I came home to receive No. 1. The first time we were alone she kissed me, and this was followed by mutual confessions and coitus, though at first she said my affair was too recent. I agreed not to have connection again with No. 4, and kept to this until when staying in the same house again with her I was tempted beyond my powers; and I may add that she gave me no assistance in keeping this promise, of which she was fully cognizant. I at once wrote and confessed to No. 1, and she very naturally would have nothing more to do with me. But I managed to reconcile her, and we afterward lived together for three days in the country, as well as in London and in her own house. Meanwhile No. 5 had been making advances to me which I could not well refuse, being a very old friend. Nos. 4 and 5 were on one occasion staying together at my house, just after I had been faithless to No. 1 with No. 4. I could not very well sleep with them both, so at the earnest entreaty of No. 4 I went to her room first, told her my reasons for not having connection with her, left her in tears, and then went and slept with No. 5. This is the only transaction I have ever concealed from No. 1; but No. 5 knows my whole story and accepts the situation of being only second so long as I give her satisfaction when

ever possible. About this time I again met No. 3 and kissed and masturbated her in a cab, but she would not allow me to go home with her. At the bidding of No. 1 I now broke entirely with No. 4, to the great grief and astonishment of my sister, whose friend she was. Shortly after this I again returned to India, where I quarreled hopelessly with No. 1, and I don't know to this day what my fault was, except that she had got tired of me. Her influence over me is, however, too great to be so easily broken, and I would return to her tomorrow if she moved a finger in reconciliation. During the following hot weather I slowly but surely, albeit quite unconsciously, obtained an influence over No. 6, and it ended by her falling desperately in love with me and allowing me to do what I liked. I did not love her, and told her about No. 1, whose image always remained in the back of my vision, whatever I was doing. She also accepted the situation, and I don't think has any grievance against me. For my part I have nothing but thanks and gratitude and as much love as I am capable of to give her, and all the other women with whom I have had any sexual relations. The following is a short account of the above women:—

"No. 1. Had coitus before marriage, for love and with full knowledge of the nature of the act. Agreement with her husband not to have coitus rigidly adhered to by both. Has had connection with five other men since marriage. Very passionate, but faddy and particular. Slow at producing orgasm. Likes being in bed naked, and liked me once for having kissed her *mons veneris*. Thin, with undeveloped breasts. Brilliant, good-looking. Artistic and highly intellectual. Never masturbated, and did not know of homosexuality among women; very sensitive to touch on the pudenda.

"No. 2. Has had sexual relations, but never coitus, with many men. Mutually masturbated with one man. Masturbated herself frequently, and took a long time to produce orgasm, even with *cunnilingus*, which delighted her immensely. After having it performed, she would stoop down and passionately kiss my lips. Fond of prolonged kisses, during which the tongue played a prominent part. Tall and fully developed, but no looks. Clever, masculine brain, and strong physically. Skillfully concealed her passionate nature, which, however, was long in developing and was long kept in check by maidenly modesty.

"No. 3. Innocent before marriage, and hated her *fiancé* even to touch her, which feeling still persists. Has had liaisons with many men, and several miscarriages, one legitimate, others illegitimate, and one illegitimate child. Does not masturbate herself, but readily yields to its seduction when performed by others. The most passionate woman I have ever met. Good, typical, womanly figure, but thin and weak. Not much looks, but very fascinating to men. Clever and intellectual.

"No. 4. Coitus only with her husband before myself. Not very passionate. I know nothing about masturbation or homosexuality in her case. Very broad hips, large breasts, and well-developed nates. Deserted by her husband. No children. Rather foolish and weak-minded. Penetration difficult owing to long labia majora.

"No. 5. Knows all about homosexuality of both sexes and wants to know more about everything. Probably masturbates. Several children. In love with her husband at first, but now tired of him and took to other men for variety and because her husband had ceased to give her sexual pleasure. Very passionate; has slow orgasm; likes nakedness and contact of body. Very large vagina. Broad hips and full breasts. Intellectual, but not so by nature. Artistic and very musical.

"No. 6. Absolutely innocent before marriage. Was practically raped by her husband on her marriage night. This disgusted her with the whole performance, and she could not bear her husband's caresses. During pregnancy she was frightened because she did not know what was going to happen, *i.e.*, how the child was going to be born; and no one enlightened her,—doctor, nurse, or mother. Did not know the meaning of the words sexual feeling, and never thought about sexual matters at all until marriage. I roused her passion, put things in their true light, made her have an orgasm, and told her what it meant. The orgasms at first made her cry and nearly faint, and she thereafter became intensely passionate. Very excited at cunnilingus, which I practised on her more than once. She confessed that the orgasm was stronger and more complete during coitus than during masturbation, which relieved my mind. She volunteered to strip naked and has but little shyness with me. Cannot bear her husband yet. She admits that she was only half a woman before she knew me, but now regrets her marriage. Short, thin, and slight, with narrow hips and no breasts. Quick woman's wit, but not intellectual.

"Of the prostitutes I have known, perhaps 60 in number, the Japanese easily take the palm. They are scrupulously clean, have charming manners and beautiful bodies, and take an intelligent interest in the proceedings. Also they are not always thinking about the money. Perhaps the Kashmiris come next, though the Chinese run them very close. Some of the more expensive London women are bearable, but they are such harlots! The white women in the East are insupportable, and small wonder, for they consist of the dregs of the European and American markets. My list comprises English, French, German, Italian, Spanish-American, American, Bengali, Punjabi, Kashmiri, Kaffir, Singhalese, Tamil, Burmese, Malay, Japanese, Chinese, Greek, and Pole.

"I naturally prefer to satisfy myself with a woman, a friend and a lady of my own class; but in the absence of the best I gladly take the

next best available, down the scale from a lady for whom I do not care to prostitutes of all classes and colors, men, boys, animals, melons, and masturbation. I would as cheerfully have connection with my sister, or any other female relative. I have frequent erotic dreams about the most extraordinary subjects—male and female relations, casual acquaintances of both sexes, and animals. When I have got an intrigue in hand with a woman, I have no wish to masturbate, and often restrain myself when I know that I am going to have access before long to prostitutes. After coitus it takes a long time before I am ready for the next, sometimes two hours; and the first is always very quick, nearly always too quick for the woman. With a strange woman I have difficulty in maintaining erection at the instant of penetration, and this has often given me trouble.

"I know that most women like, and few dislike, being touched by me. My favorite colors are green and red, and I can whistle quite well.

"I would be very glad to know whether I may be considered sexually normal or not, but I do not desire any opinion on the morality of my acts, for the simple reason that without knowing all the circumstances it would be impossible to judge. But I cannot help saying that I do not consider anything I have done is wrong in itself, and I am quite certain that I have never harmed in any way any of the ladies with whom I have had relations. I am certain, if I had made promises which I knew I could not keep, I might have married one of them. But the result would have been great unhappiness to both, quarrels, and ultimate separation or divorce—and she realized that as well as I did. I may seem egotistical in my attitude and assurance toward ladies, but I only speak the honest truth; and I know that No. 6, for instance, has only gratitude and worship to give me for having opened her eyes. I have made her promise to have intercourse with her husband as soon as she can bear it, and I have satisfied myself that I have not started her on the road to sexual perversion. So much in self-explanation. I may add that I do not deliberately seek '*affaires de cœur*,' and that, when they come my way, I do my utmost to use all consideration for the lady, thinking, as I do, that I owe them a far bigger debt than I shall ever be able to pay."

HISTORY XIV.—J. E., professional man, aged 32. Public school and university education, in which he did well. From age of 6 or 7 had strong sexual emotions, and from 9 sexually pleasurable dreams, though no emission till 12 or 13. He remembers the association of sexual excitement with whipping, either at sight or imagination of it, and this feeling was certainly shared by boys aged 9 to 12 at his private boarding-school and others at the public school later on. His nurse-maid used to invent excuses for beating his nates with a long lead-pencil when he was

aged about 7, and he saw occasional whippings with clothes removed in the family nursery.

When nearly 16 he was initiated into masturbation, which at once coincided with rapid mental development and success at school. He has practised it ever since under same conditions and restrictions as marital intercourse. Religion has never acted as any restraint, and the best restraint to all young people, in his opinion, is to warn them on hygienic grounds. (He became a freethinker at 17, partly on observing the inconsistency of religious persons in this connection. He was twice set upon by Catholics when 16, who attempted mutual masturbation.) He can vaguely remember some such warning when very young from his mother.

No intercourse with women till age of 19, though strong homosexual feelings from 10 upward, associated with feminine youths. These feelings were quite distinct from feelings of affection and friendship for more virile youths. An attack of gonorrhea at 21 was followed by an operation for circumcision, which had beneficial effects, but did not prevent an attack of syphilis at age of 23, caught at a guaranteed state establishment in France. Intercourse almost always with prostitutes, on prudential and worldly grounds, though what he approves would be greater laxity between boys and girls, with proper safeguards against undesired offspring. He is now happily married. He only indulges in masturbation at times when intercourse is impossible (*e.g.*, childbirth). It is then practised once or twice a week in the early morning; overnight it causes troubled sleep, brain activity, and constipation. This seems ethically more desirable unless the wife were to condone physical infidelity, which she would not, and even then there might be risks of venereal disease. His general health and working power are in all respects excellent, as the venereal diseases were speedily and thoroughly cured. Homosexual feeling has entirely disappeared since marriage.

HISTORY XV.—G. D., English; aged 60. "My earliest essays in juvenile vice were due not so much to unguarded as to unguided ignorance. I slipped where my natural protectors suspected no danger, and I fell because I had never been warned of the treacherous nature of the ground. Before or soon after I was 7 years old, the example of an elder brother, who had lately begun to go to school as a day-boy, initiated me into the mysteries of masturbation, which seemed to me then as harmless as it was fascinating; and the novel pleasure was almost daily indulged in, after I had acquired sufficient dexterity to accomplish the act within a reasonable time, without a twinge of conscience, either in that brother's company or when alone. Decency demanded secrecy in the gratification of what soon became an imperious

desire, and the preliminary operations included, almost from the first, mutual *fellatio* and approximation of the excited organs; but similar privacy was very properly sought during the performance of other bodily acts associated with those 'less honorable members,' and it appeared to me quite as natural and right for us to amuse ourselves together in that way as for a married couple to hide their most intimate embraces from the observation of others. Indeed, I went farther than that, and even came to regard the absence of all shame between us as akin to the primeval innocence which Adam and Eve exhibited before the Fall. I believed for long that we two were specially privileged and possessed a peculiar sense denied to other boys, for I had never heard of masturbation till I learnt, not the word indeed, but the thing itself.

"My curiosity about the real nature of sexual union in the case of human beings set my intelligence to work at the interesting problem, and by carefully studying certain parts of the Bible, Lemprière's classical and other dictionaries, as well as by persistently watching when I could the amorous proceedings of domestic animals, I learnt enough to make its most prominent features pretty clear before I was 11 years of age. I was then all eagerness to have the opportunity of inspecting at close quarters the genitals of women or young girls, and a stay at the seaside when I was 12 made the latter at least feasible. When the shore was nearly deserted, between 1 and 2 P.M., the daughters of the fisherfolk used to besiege the bathing machines and disport themselves in the water, bathing and paddling in various stages of nudity. I would pretend that my whole attention was being given to the making of miniature tunnels in the sand, while all the time I slyly peeped at what I most desired to see, whether in front or from behind, as the dancing damsels stood upright or stooped till their haunches were higher than their heads. I had already read something somewhere about the *clitoris*, and wanted especially to see it, but indistinct glimpses were all that I could obtain; nor was it until I visited an anatomical museum, which then existed at the top of the Haymarket in London, that I learned, a good many years later, from several life-sized models there displayed, the characteristic features of that part, as well as the abnormal modifications to which it is subject, either congenitally or in consequence of profligate habits. I was 15, I think, when I first came to know that girls can masturbate as well as boys.

"Long after I had realized why the terms male and female are so distinguished, my imagination was occupied with the possible postures in which the act of copulation may be accomplished by a man and woman; from Horace, Lucretius, Martial, Aristophanes, and, above all, from Ovid's *Ars Amatoria* I obtained much, but not always very clear, information while still a schoolboy. This was supplemented later by

photographic pictures from Pompeian brothels and photographs from life, purchased at Florence and gloated over one night, with twice-repeated masturbation, and afterward destroyed in a revulsion of shame.

"But while continuing to practise self-abuse (with a certain degree of restraint indeed, but seldom less often than once or even twice a week), after I had been made fully aware of its perils by Dr. Adam Clarke's alarming comments on Genesis xxxviii, 9, when I was about 12 or 13, I never had connection with a woman until I married somewhat late in life. This abstinence was not due to any frigidity of disposition, but from prudential and religious motives, and, to some extent perhaps, from the imperfect but genuine satisfaction afforded by solitary indulgence. My imagination, like that of young J. J. Rousseau, as set forth in his *Confessions*, was allowed free scope for its exercise, but in practice I confined myself to what seemed to me comparatively innocent as compared with fornication. I was never an unreserved 'exhibitionist' like Rousseau, but I have on more than one occasion turned toward a hedge and pretended to make water, when a girl had just passed me on the road, showing a *turgens cauda*, if she should chance out of curiosity to look back, as once, at any rate, happened.

"I watched with interest the first indications of puberty in my own person. I had, of course, seen the pubic hair on many of my own sex, but I was 17 when I first saw a naked woman. She was standing at the door of her machine, wringing out her bathing-dress, as I swam past, and her face was hidden by the awning then used, so that she could not see me. A slight effusion of limpid mucus began to characterize the orgasm, at the age of 12 or 13 (before any ejaculation of semen was experienced), such as exuded later from the *urethra* when salacious excitement reached a certain pitch, even though the final climax might be postponed or prevented altogether. I found it a refinement of luxury to prolong the period of tumescence as far as possible, by frequently checking a too rapid progress toward the goal. By this practice of repeated arrest when the orgasm was imminent, and the mental debauchery which was its habitual accompaniment, I believe I did my nervous system more damage than by anything else—even the early age at which the dangerous indulgence became established. Nocturnal emissions (the sequel of lascivious dreams) commenced when I was about 15, at which age I had my first experience of an involuntary discharge when awake, under the influence of purely mental emotion; but this latter mode of escape did not often happen, and later on ceased altogether. My muscular strength was not impaired by too frequent indulgence, and I acquired some athletic prowess on the football field and on the running path, both as a boy and as a young man. Walking tours were for long my favorite recreation, even after the bicycle became

an increasing attraction. My health, however, suffered in other ways from too constant absorption in lustful thoughts, which found vent in erotic verses and tales, generally destroyed soon after they were written. I have been subject since I was a boy to more or less prolonged fits of mental depression. How far I have inherited this tendency (my father and his father both married first cousins, and a neurotic diathesis has been characteristic of our family), or how far it has been aggravated by pernicious habits, I cannot say; cause and effect have no doubt acted and reacted on each other.

"As I grew toward adolescence I endeavored to make self-abuse as close an imitation as possible of sexual intercourse by such methods as may be easily imagined. My biological studies (I won a scholarship and took honors at my university) were directed with most intent predilection toward the reproductive system, particularly the modifications of the copulatory organs in different animals and the diverse manner of their employment. The sexual instinct, whether in its normal or abnormal manifestations, is a subject which has always had a strong attraction for me, nor has it lost its fascination with the growth of years (I am now 60) nor the competition of other interests.

"My very limited experience of the sexual system in women would lead me to believe that the *clitoris* is the only peculiarly sensitive part of the female *genitalia*, coition giving no pleasure unless 'the trigger of love' is simultaneously manipulated, as can be done when intromission is effected *a tergo*; that the mind of a normally healthy maiden is altogether free from sexual excitement of a physical kind, and that little curiosity is felt about the precise *modus operandi* of conjugal intercourse; but, nevertheless, I have good reason to believe that this, if not an unusual type, is by no means the only one that exists.

"As to sexual inversion my personal experience has been confined to two or three *grandes passions* for boys, the first of which possessed me when between the ages of 16 and 18, and involved, when I was 17, the most intense mental emotion, of a romantic kind, tinged with poignant jealousy and vexation at comparative coldness toward myself. These love passages never led me into indelicate behavior (I was once threatened with such treatment myself by a stranger whose acquaintance I made one day at the British Museum, when a lad of 15. He took me to his bedroom at an inn, locked the door, and showed me a collection of coins, giving me some, and, while doing so, attempted to take indecent liberties; but I pretended that I must catch a certain train, unlocked the door, and made a hasty escape), nor was any gratification sought beyond occasional kisses and other innocent endearments, though such caresses would sometimes excite an erection, which I carefully concealed. These amours were, however, no outcome of perverted instinct,

nor were they any bar to fancies for the opposite sex which affected my imagination rather than my heart."

HISTORY XVI.—This history is given in the subject's own words: A. N., 34 years of age, a university graduate, devoted to learning and interested in philosophy and theology. He is happily married and the father of an only daughter. Since puberty he has enjoyed excellent health.

"Looking back he finds the beginnings of sexual feeling obscure. This feeling is by no means identical in its progress with the knowledge of the phenomena of sex generally. The latter he acquired thus: His mother told him at a very early age the outlines of the phenomena of birth and explained to him (perhaps at that time unnecessarily) that the genital organs of little girls were different from his own. This piece of knowledge led to his asking, when 9 years old, a little girl cousin who came to live with the family (he was an only child) and who shared his bed to let him see her genitalia. This she readily did and also invited him to coitus, which she described as a 'nice game.' He complied, but without, of course, any feeling of pleasure or any understanding of the nature of what he was doing. Shortly after this he went to a day school, where, amid the extraordinarily coarse conversation of the boys, he was initiated into all the more obvious phenomena of sex. But still it was only a matter of intellectual curiosity. As such it had a strange fascination for him, and to this day he remembers many of the obscene words and phrases, as, for example, a set of indecent verses beginning 'William, the milkman, sat under a tree,' describing coitus, though some of the details were yet misunderstood by him. That up to his tenth or eleventh year no real sexual desire was awakened is plain from the fact that there was no desire for any repetition of attempts at coitus with his cousin, though he did indeed, again out of curiosity, finger her genitals sometimes, a thing which she, grown evidently more fastidious, reported to his mother, who gravely reprimanded him, telling him that it was the 'beginning of all evil.'

"Desire was awakened gradually and, as I have said, obscurely. Not only at school, but among his own cousins, especially two girls (other than the one above mentioned) and a boy, the conversation was lascivious in the extreme, though words never proceeded to deeds as between the boys and the girls. He was soon, however, about his fifteenth year, so far as he can remember, initiated into the practice of masturbation, first, sleeping with his boy cousin, the two used to play at 'husband and wife,' and then, more directly, a neighbor, a heavy, sensual type of boy, took him aside one day and drawing out his own penis asked him 'if he knew how to make some buttermilk.' Out of curiosity at first, and to obtain the new and voluptuous sensation after-

ward, he began assiduously to practise this vice, which, as he afterward found out, was very common, if not universal about him. That it was morally reprehensible he had not at that time the ghost of a notion; he considered that it belonged to the category of the 'dirty' only. His father quite neglected this development, believing, I suppose, in the superstition of the 'innocence of childhood.'

"This practice of masturbation went on assiduously to his sixteenth year, when its true nature and danger were revealed to him by a good clergyman who prepared him for confirmation. He had at this time gone far, in both solitary vice and vice 'à deux,' with his male cousin, with whom he practised even 'fellatio' and 'intromissio in anum.' But now he began to struggle against it and made some headway, but never entirely shook it off before his marriage at 26, so deeply rooted was the hold it had on him. Especially at the time between sleeping and waking, or while lying sleepless at night—when the monks prayed 'ne pollutantur corpora'—did its attacks come insidiously upon him. He would struggle for weeks and then would come a relapse. On one occasion he slept with a young uncle who amused himself, thinking he was asleep, by playing with his penis until he had an emission. A. N. hailed the occasion with keen joy—he caustically argued that he experienced the pleasure without being culpable in its production! Then on 'coming to himself' he would agonize over his vice, remembering, for example, that, while *he* had rejoiced in what had been done, the very cousin who some time before used to share his sin was genuinely annoyed at the same uncle's attentions when it was he who suffered them.

"Looking back over the whole period of his youth and adolescence, he can trace the psychological effect of what was going on secretly, in his relations to girls and women. In a word, these relations were sentimental only. He often imagined himself in love; but it was imagination only. He was in love with a wraith, not a girl of flesh and blood. He hesitated to regard in any sexual way any girl of whom he had a high opinion; sexual desire and 'love' seemed for him to inhabit different worlds and that it would be a pollution to bring them together. In hours of relaxation from the very hard intellectual work which he was at this time engaged on at school and at the university, he was quite content with the society of quite young girls or even children when most of his friends would have sought out females of their own age. Nothing could have been farther from his desires or intention than any lascivious or, indeed, unseemly act toward any female in whose company he might be: no mother need have hesitated to trust her daughter in his company. I firmly believe that the discipline of the same bed which Gibbon (*Decline and Fall*, ed. Bury, vol. ii, p. 37) makes so merry over could

have been endured by him without difficulty. His outward conduct was in all these respects most seemly and decorous, yet night after night he could masturbate, his imagination glowing with visions of female nakedness.

"Curiously the one and only actual female for whom he felt any desire at the earlier period (aged 14 to 16) began to be the cousin who lived in the house. On one occasion he touched her breasts, on another her naked thighs—and that was all! As she grew to puberty, she would have allowed far more liberties, but he contented himself with a sly glance now and again, when he could procure it, at her swelling bosom. The fear of putting her with child was ample to keep him away from her bed. Later on even so much as the foregoing occurred no more, and, as I have said, his outward life became absolutely decorous.

"Consequently he was in no danger of having dealings with prostitutes. The preliminaries, the conversation of such women, especially their drinking habits, would have been disgusting and repugnant to him in the extreme. He would have shunned the possibility of acquiring venereal disease like the plague. But he was never free from solitary vice; he secretly envied those who had occasions for coitus in what I may call a seemly and cleanly manner, friends in the country with farm girls, etc., of whom he had heard. He indulged also in lascivious reading, the obscene when he could procure it, rather than the merely suggestive, which has never been to his taste. He was familiar with quite a large number of Latin and Greek indecent passages, knew the broader farces of the *Canterbury Tales* and of the *Decameron*, and, later, the "contes" of La Fontaine and the *Facetiæ* of Poggio. As Ste-Beuve says of Gibbon, I think, he acquired an 'erudite and cold' sort of obscenity in this way.

"All this, of course, is only one-half, and by no means always the dominant half, of his nature. He was often repentant for these delinquencies, and he was sincerely religious. He was also fond of serious learning and contrived to take a first-class university degree. Yet, ever and anon, the deeply sensual side of his nature made itself felt. Scotched for a time it could be, but killed never.

"Yet, I do not think it could be said that he had the sexual instinct in any really high degree. It was more like a small fly that makes a large buzz than any considerable factor in his constitution. He had a companion about this time of whom such a remark is even more true. This man's mind was replete with all manner of risky stories, all sorts of sexual details. He would take long walks with girls of loose character, talk with prostitutes at home and abroad, and yet, I believe, he never proceeded to coitus.

"Such then, was the subject of this notice up to the time of his marriage. Two men, one might say, in one skin. One learned, one merely obscene; one a pattern of decorousness, the other a self-polluter.

"On the sexual side he was as one knowing everything there is to know—yet knowing nothing. Like the boy-hero in Wedekind's *Frühling's Erwachen*, he had been long in Egypt, yet he had never seen the pyramids. He began to distress himself with questions as to whether he was yet capable; whether his recurring vice had not permanently injured him; whether he had made himself unfit for marriage. So shy and reserved was he about his secret that he could never have brought himself to mention it to a medical man. 'What! he! the good, the religious! the wholly moral and decorous!' (such was, indeed, the reputation he had among his friends); 'he, the victim of a vice so black!' No, no! '*Secretum meum mihi*,' he cried.

"Fortune, however, was kind to him. He was at an early age free from financial worries, which had almost crushed him earlier in his career, and he met in course of time the family from which he selected his excellent wife.

"The society in which he lived was of all English classes, I should suppose, the most reticent in matters of sex—the respectable, lower middle class; shopkeepers and the like, with a tradition of homely religion and virtue. The classes a little higher in the scale (to which, by the way, his mother had belonged) could far better sympathize with one in his position. Well, the family of his future wife was of a higher class and, what is far more, of foreign origin, for whom a large number of our English 'convenances' do not exist. To them sex was frankly recognized as a factor in life, and the mother of this household, as he grew more intimate, broached subjects which he had never, in such a manner, discussed before. It is unnecessary to give here any general history of his relationships with this household, as they have nothing to do with the matter in hand. After some time he became engaged to the youngest daughter, two years his senior, a woman of remarkable beauty and splendid development, one who attracted him as none other had done, both on account of her intellectual and social qualities and her physical beauty (he had hitherto despaired of finding the two combined in one person), for she is certainly the most beautiful woman with whom he has ever been acquainted.

"He now began to make the practical acquaintance of a woman—and one who, in impulses, temper, manner, and habit of thought, differed *totò calo* from the girls he had known in his old home. Her sexual nature was ripe and developed, and it is lucky that the engagement was of short duration, or the strain and anticipation of that time might have been injurious to the health of both. As usual, in his outward relations

toward women, so toward his *fiancée*, he was prepared for chaste caresses only. This, however, did not suffice for her hot and passionate nature. They went as far as possible short of actual coitus.

"After a few months, however, the marriage took place, and, at first, this brought him bitter disappointment and seemed to confirm his worst fears. He found himself quite unable to have pleasure or satisfactory coitus; quite incapable, with any erection that he could command, of introducing his well-developed penis into his wife's extremely narrow and contracted vagina. About a fortnight after the marriage, however, on his return from their short wedding tour, he felt much stronger and copulated with her, especially in the early mornings, so satisfactorily that she soon found herself with child. Coitus now began to be much more pleasurable for him, but to his wife still attended with pain.

"After nine months of married life, the child, the only offspring of the marriage, a healthy girl, was born. The stress of this time, the upsetting of his wife's health, her nervous breakdown and consequently uncertain temper, seemed for a period of nearly two years effectually to repress any sexual desire in the husband, and this period is perhaps the chastest of his life. Desire seemed to be the one thing absent. The revulsion of feeling in his wife was remarkable. The erstwhile amorous *fiancée*, who could hardly wait until marriage to test her lover, became now the wife and mother who hardly wished to be touched by her husband.

"Her health, however, gradually improved and a more normal state of affairs was brought about, which has continued to the present day, broken only by periods of abstention, chiefly caused by the attacks of anemia and menstrual irregularities from which his wife suffers from time to time. Ordinarily, he enjoys coitus once or twice in the month, hardly oftener, taking one month with another. At one time he exemplified in his own person the saying *omne animal post coitum triste*, but now happily this depression of spirits is rarely felt. Sometimes he has felt a depression of spirits, a general discontentedness, before experiencing a strong erection; in these cases coitus has cleared his spirits. He would naturally look upon coitus as an evacuation, although he recognizes the imperfectness of that view. For one thing he is constantly sorry, viz., that the act gives no pleasure to his wife, and that he has never been able to induce a crisis with her by normal means. In this state of affairs, knowing that 'après coup' she was still unsatisfied, he slipped into the practice of rubbing the clitoris with his fingers until the emission takes place. To do this, they assume the position 'ille sub, illa super.' From his own limited marital experience, he has never been able to understand the stories of women who masturbate several

times a day, as his wife would be physically incapable (so he believes) of anything of the kind, and only easily reaches the crisis in any circumstances during the first few days after the menstrual flow has ceased. In fine, while agreeing theoretically with Sir Richard Burton and others that the eastern style of coitus (directed with a view to the pleasure of your partner) is the right one, it is one of his standing regrets that he is unable to practise it. In the place of the twenty minutes required by the women of India (according to Burton) he is happy if he can give two or three at the most, much as he would wish to prolong a pleasure as keen to himself as he could desire it to be to his dear and excellent spouse."

HISTORY XVII.—R. L., American; aged 43; height, 5 ft. 7 in.; weight, about 145 lbs.; occupation, teacher; somewhat neurotic; a slight myopia associated with acute astigmatism and muscular weakness of the eyes, producing a tendency to migraine. Uric acid diathesis, producing occasionally severe neuralgia, particularly in the intestines. These symptoms have been more or less constant since very early childhood. General health very good. Not inclined to indulge in athletic sports, but prefers sedentary occupations and recreations.

"My early ideas of sexual things are not very clear in recollection. I think that when 7 or 8 years of age I had a knowledge of the common or vulgar terms for intercourse and for the genital organs. Boys of my own age and slightly older would discuss sex relations, and I had a general knowledge that, in some way connected with the sexual act, 'babies were made.' We would tell, occasionally, lewd stories, and a few times attempted sexual practices with one another. Not till after puberty did I ever attempt masturbation. I must have been 9 or 10 years old before I learned that there was a difference in the sex organs of boys and girls. Up to this time I had supposed that intercourse was *per anum*. I attended a public school with both sexes. Talk among my boy associates was often nasty and concerned the sexual act with girls. At about 12 years I began to have erotic day dreams. I always had a sentimental attachment for some girl acquaintance whom I would idealize and with whom I would imagine myself having sex relations. As a matter of fact, there was no real sexual feeling about this. As I was very shy and timid naturally, I never made any kind of advances toward any of them, and they were entirely ignorant of any sentiments of affection in me.

"Pubertal changes commenced, I presume, about the age of 13½ years. I place it at this period from the following circumstances, which are fixed very strongly in my memory: I had, as a child, a soprano voice that was praised considerably by older friends, and about which I was inordinately conceited. I enjoyed greatly taking part in operettas, can-

tatas, etc. The dramatic instinct, if so it may be called, has always been marked with me, and amateur dramatics are still my chief diversion. When I was about the age mentioned above my voice changed quite rapidly, greatly to my distress of mind, as I was obliged to give up taking a part for which I had been cast in a school entertainment. The memory of that disappointment is still poignant. Other changes, such as the appearance of the pubertal hair, must have made no impression on my mind, as I cannot recollect anything in connection therewith. No involuntary emissions occurred. Indeed, during periods of continence in later life, when the sexual tension has been very strong, I have had very few such emissions.

"As a lad of 11 or 12, I had heard frequent allusions to masturbation by other boys who were older, but always in a way that indicated contempt. Yet there is no doubt now in my mind that the practice was very general. I think that I was probably about 15 when I decided to try the act. I think that there was little sex impulse in this decision. The animating purpose was rather curiosity. I succeeded in producing the complete orgasm and found it pleasurable, though there was a considerable shock of surprise at the ejaculation of semen. As nearly as I can estimate in my memory of an event as far back as this was, this was the beginning of definite sexual sensibility in me. I cannot but believe, however, that it would have been aroused sooner or later in some other way. Thereafter I would imagine myself embracing some of the girl friends to whom I have referred above, and, when excited, would masturbate. The act was in every instance a psychic intercourse. For some time I did not know that the practice was considered harmful. I indulged whenever I felt the inclination. This at times was rather frequent; again only at considerable intervals. I did know that it was looked upon as being unmanly, and never admitted, except to perhaps two or three boy friends, that I ever indulged. With these boys I practised mutual masturbation a few times. There was no homosexual feeling connected with these acts in any of us. It was only that the normal method of gratifying our desires was not available. I know the subsequent history of each of these boys, and there has been nothing to indicate any perverted instinct in any of them. About the age of 16 I heard a talk on sexual matters by a traveling evangelist, who portrayed the effects of masturbation in fearful colors. I now realize that he was an ignorant though well-intentioned man; but the general effect of his talk upon me was a bad one. One of the results of the habit, according to his statements, was insanity. Therefore I expected at any moment to lose my mind. I felt that I must stop the practice at once, but the matter became so great an obsession that again and again I broke my resolutions for reform. I undertook exercise, dieting, the reading of

serious literature: all of which I had seen referred to in books as methods of lessening sexual desire. The object of these disciplinary practices was always the thing most prominently in mind, and so they were of no avail. Fortunately I entered college a little later, and the affairs of school life gradually took a commanding place in my thoughts, and the practice was not so much in mind. I did not, however, completely break away from it until almost the time of my marriage. If the present attitude of the scientific medical world toward the subject had been known to me, I do not believe that any evil would have come to me from the practice. At a later period of my life, say between 21 and 24, I would not indulge the habit for a considerable interval. At times I did not notice the presence or lack of desire. But then there would come periods when I would be under a severe sexual tension. This would be marked by intense nervousness, an inability to fix my attention upon any one thing, and a great desire to have intercourse. An act of masturbation at such a time would generally give relief. However, when I yielded to this form of relief, there would always follow feelings of profound self-reproach and of self-repugnance. Had I had nocturnal emissions they might have relieved me; but, as I have said before, they very rarely occurred. When, rarely, one did occur I would be greatly frightened, for I had the old, erroneous idea that they meant serious weakness and always ascribed them to my bad habit. That my habit of masturbation had any relation to the rarity of the involuntary emissions would, of course, be a matter of pure conjecture. In passing from the discussion of personal masturbation, I wish to say that my associations with boys as a pupil and as a teacher lead me to believe that the practice is practically universal. When discussing the hygienic evils of prostitution with boy pupils I have noted that, whereas not infrequently a boy will voluntarily protest that he has never had intercourse, there has always been a significant silence when masturbation is mentioned. I have never heard a boy make a denial, direct or indirect, that he had indulged in the practice. But it has seldom been a perversion. It has rather been, as in my own case, an available means of relieving a sexual impulse.

"During my college life I associated with many boys who had more or less regular sexual relations with prostitutes or with girls who were not virtuous. Their attitude toward the practice was an immoral one. The ethical aspect of irregular sexual relations never concerned them. It certainly did not concern me. What I have learned through my conversations on the subject with my pupils makes it evident to me that this is the common feeling of most boys of the adolescent period. I think of two things which operated strongly to prevent my entering into sexual relations with girls during this period of my life. One was an

esthetic repugnance to the average prostitute. These are the women most easily available to the youth whose sexual desires are developed. I do not remember ever having seen an avowed prostitute who did not seem repulsive to me. I confess to an inclination to priggishness. I preferred to associate with people whom I called 'nice people.' It was fortunate for me that I was thrown into the society of a rather rough crowd of youths, who knocked a great deal of this snobbishness out of me. But it did act to prevent my having recourse to prostitution. A second preventive was my natural timidity in making advances to people. This has been a trait that I have never completely overcome. In my professional life this has been some detriment to my advancement. In the matter of sex relationship it tended to prevent my taking advantage of association with and even of advances from girls who, not prostitutes, were nevertheless not virtuous. There were a number of such in the town and neighborhood in which I lived, and I undoubtedly could have had sexual relations with them if I had only been able to overcome my shyness. The desire was not wanting. I really craved intercourse with them. It was simply a matter of cowardice. There was one girl whom I knew very well, with whom I was on friendly terms, who I knew had had sexual relations with other boys. She showed, at times, a marked preference for me, and I am sure would have welcomed any advances that I should have made. A number of times I sought her company with the intention of suggesting intercourse, but my resolution always failed.

"All through my college course I was much in the society of girls. We were in class together, associated very freely in society, frequently studied together. This is the most usual state of things in the western part of our country. But they were simply comrades: sex thoughts never arose in connection with such association. And I am quite certain that this was the general attitude of the other boys. Although the talk among the boy students was at times, very frankly and crudely, about sexual relations, no breath of scandal ever touched one of the college girls. Again my experience as teacher and student brings a conclusion that coeducation of the sexes does not affect, in one way or the other, the strictly sexual life of the male student. A very intimate friend who has had a varied experience in school work has told me recently that his conclusions are the same.

"When I was about 20 years old I became acquainted with a very beautiful girl, four years my junior. Our acquaintance very rapidly developed into deeper affection, and about five years later we were married. During all this time very little of the physical aspects of love entered into our attachment. My sweetheart had much of the same shyness as was so pronounced in my own character. For several years

I think that the thought of marriage was never distinctly present in our minds. A formal betrothal between us did not take place until within a year and a half of our marriage. Yet each of us had a very distinct understanding of the feelings of the other. But until our betrothal there were none of even those very innocent expressions of endearment common, I imagine, to all lovers. I am sure that during this period of our attachment no thought of any physical relations between us was ever in my mind; or, at any rate, was promptly banished if it occurred. Yet all this time my sex desires were very strong and at times became an obsession. Never, though, were they directed toward my sweetheart. The first time that we engaged in the endearments and caresses allowed to lovers I became conscious, after a time, of a state of sexual excitement. I experienced an erection. It was absolutely reflex; no thought had entered into it. I was at once overwhelmed with a feeling of shame. I felt that I had been guilty of unthinkable indecency toward my betrothed. Then there arose a fear that it might be noticed. (Men at that time wore abominably tight clothing.) As a matter of fact, I now know that there was no real danger of this, for she was absolutely ignorant of the nature of the male sexual organs. But I made a pretext for withdrawing from the room and tried to adjust my clothing so that no exposure could occur. I was fearful of coming into close proximity to her again, lest there should be a recurrence of the feeling. As a matter of fact it did occur a number of times, but my good sense finally suggested the explanation and after a time it ceased to trouble me. The thought was latent in my mind that sexual excitement was necessarily more or less indecent at all times, and I could not reconcile its manifestation with a pure love.

"I have said that my sexual desire was strong. Up to the time of marriage it was never gratified in the normal manner. My esthetic abhorrence of prostitutes continued to prevent its gratification in that manner. No other opportunity offered. I am positive that moral considerations did not enter into the matter at all. I think now that it was strange that the thought that it would be disloyal to my promised wife to have connection with other women did not affect me. But I am sure that it did not. I am inclined to think that conscientious scruples very rarely enter into the average young man's considerations of contemplated sexual relations.

"As the time of my marriage drew near, thoughts of the physical relationship of husband and wife became, of course, more insistent. The idea of establishing sexual relations was not at all a pleasant one. I dreaded it as an ordeal. I wondered if it would be possible for us to retain the same love and affection for one another after such intimate relations were established. This was a recurrence of the fallacious

notion that there was something inherently indecent in sexual things, I am in hopes that other ideas are replacing this wrong one, in the minds of the younger generation, as the result of the saner and franker discussion of sex. By a great effort, I had practically stopped masturbating. At times I felt almost maddened by desire. But never did the prospect of marriage seem desirable from this point of view. Up to the very day of our wedding my affection for my betrothed seemed free from sexual desire. But my physical being was craving sexual companionship.

"Theoretically I knew a great deal of the nature of intercourse. Practically I was absolutely ignorant. In some ways I was better informed, on matters that a new husband should know, than the average man entering the married life. A physician's library had been at my disposal, and I had read somewhat extensively on physiology and hygiene. My chosen lines of study had given me a theoretical knowledge of the anatomy of the female genital organs that was fairly thorough. I knew a little about the physiology of reproduction and rather less of intercourse. Fortunately, I learned in the course of my reading that the first sexual approaches were likely to be quite painful to a woman, and that great care should be exercised at this time. I tried to put into practice what little I had learned in theory and I imagine that we got through the introductory attempts with less than the average difficulties. Our first efforts were not satisfactory to either of us. My wife was absolutely unprepared so far as any definite knowledge of the act was concerned. I sincerely hope that the prudish notions of the past generations will give way to more sensible views in the future, and that the girl becoming a wife will be just as chaste, but wiser in matters of such importance to her happiness. I presume that my timidity was a valuable asset at this time; for I was afraid to force matters in any way, and time and repeated attempts finally overcame our difficulties. And when our sexual relations were once established, the whole tenor of my life was changed. All the former sexual unrest disappeared. My former feeling toward sexual relations was altered. They no longer seemed that which, though very desirable, was yet necessarily indecent. Fortunately, after the first few weeks, they have been quite pleasurable to my wife. I am sure that our sexual life since marriage has been a large factor in deepening the love that has made our married life an ideal one. As I look back at the first year of marriage, I wonder that we got through it so well. My knowledge of sexual hygiene was a strange mixture of fact and nonsense. If the frequency of acts of intercourse advocated by some of the authorities I have lately read is correct, then we must have passed the bounds of

moderation. But it is certain that our general health has been very good; better in both cases than before marriage.

"In reviewing these phases of the development of my sexual life, one or two conclusions seem to me to be strongly emphasized. It was unfortunate that the real sexual desire was aroused as early and in the manner that it was. Whether this would have been prevented by more definite education in the hygiene and the purpose of the function, I can only conjecture. I believe that mine was and is the common experience of boys. I am decidedly of the opinion that there should be instruction given of the anatomy of the genital organs and of the hygiene of intercourse, and this shortly after the youth has reached puberty. How this is to be done is a grave question. It will require tact and knowledge not possessed by the average teacher and parent. However it is done, it should be honest, frank, and free from piosity.

"I am certain that, in my own case, rather frequent intercourse is decidedly beneficial. Any prolonged abstinence always brings about the same nervous disturbances that I have referred to above. It is fortunate for me that this repetition of the act is satisfactory to both concerned."

HISTORY XVIII.—E. W., dentist, aged 32, of New England Puritan stock. Height, 5 ft. 10½ in.; weight, 144 lbs. Spare and active, of nervobillious temperament.

"My earliest recollection is being punished for 'playing with myself' when I could not have been more than 3 or 4 years of age. I distinctly remember my exultation on discovering that I could excite myself (while my hands were tied behind my back for punishment) by rubbing my small but erect penis against the carpet while lying on my stomach. At this time, of course, I knew nothing of sex or of what I was doing. I did what my desires and instincts at that time prompted me to do. However, punishments and lectures failed utterly to break up this habit, and, though I always wished and tried faithfully to obey my parents, I soon grew to indulge quietly in bed when I was thought to be asleep. The matter apparently passed out of the minds of my parents as soon as they ceased to detect me further in the act, and they regarded it as abandoned. I now feel reasonably certain that this precocity was due to an adherent foreskin which covered the glans tightly almost to the meatus, and so kept up a continual irritation.

"I have no recollection that anyone ever taught me the habit, and I know beyond a doubt that no one ever learned of the habit or even a word as to the possibility of autoexcitement through word or deed of mine. My recollection of the sensations is that there was a short period of excitation, usually by rubbing, which was not particularly, often not at all, pleasurable, and this was followed by a single thrill of pleasure

that extended all over my little body. The curious thing was, however, that there seemed to be no limit to the number of times I could consecutively produce this sensation. My recollection is perfectly clear of how I would lie in bed of a morning and thus excite myself time after time. As I grew older this condition, of course, changed. Masturbation was not a consuming passion with me at this or any other time. I enjoyed it and felt that in it I had a means of entertainment when other sources of enjoyment were not at hand.

"By the time I was 6 or 7 I had figured out the difference in sex in animals and suspected that 'all was not as it should be' in some portions of a girl's anatomy. This suspicion was suddenly confirmed one never-to-be-forgotten morning, when I induced my dearest playmate, a little girl, to urinate in my presence. I was more thunderstruck than excited over this discovery, and it led to no results in any other way, nor did we ever again unveil ourselves to each other. At this time I began to learn from the older boys the pitiful, childish vulgarities and common terms of sex, and to invent and exchange rhymes and stories that were pathetic in their attempts at vulgarity.

"At the age of 11 a buxom servantgirl threw out some vague hints to me,—I was very tall for my age,—and tried to induce me to take liberties with her, at least to the extent of telling her vulgar stories, but I would not rise to the lure. I believe that the thing which held me in check was fear of discovery by my parents and the consequent humiliation. A short time previous to this my father had enlightened me as to the means and manner of reproduction and had encouraged me to talk to him and to my mother on such subjects rather than with anyone else. I think this had a great influence for good, as it made me feel that I had some authoritative knowledge and that I was trusted by my parents. My determination not to prove entirely unworthy of their trust has been the anchor that has held through all the storms and temptations of youth and young manhood.

"About the age of puberty I began to long for more realistic experiences and tried through a period of a year or so the disgusting experiments of intercourse with animals, using hens and a cow for this purpose. Details are of no importance, and I spare myself their repetition. My better nature or general mental development soon overcame my desires in this direction, and the practice was abandoned.

"With the dawning of the power of emission I noticed that the adherent foreskin before alluded to, which had never been examined during all these years (as I had discovered that I was different from other boys and so was shy about exposing myself), began to trouble me by being painful during erections. Accordingly I took a buttonhook and tore all the adhesions loose. A very painful though ultimately entirely satisfactory operation!

"(I may mention in this connection that my two sons were afflicted with adherent foreskins to such an extent as to render circumcision necessary a few days after birth, in order that the function of urination might become fully established.)

"As my powers developed I had my first wet dream at about the age of 15, and was much surprised thereat. My father, however, told me not to be alarmed and soothed my anxious fears, which were easily aroused by my guilty feelings on account of my habit of masturbation, in which I still indulged from one to three times a week.

"Between the ages of 12 and 17 my father had the good judgment to require a large amount of active outdoor labor from me, as well as sending me to excellent schools. Certain kinds of study had a distinct effect upon the sexual organs, namely, difficult Latin and German translations and problems in fractions. I considered at the time that it was because my mind wandered from the subject I was studying. Now I am perfectly sure it was because my mind focused on the subject I was studying. At any rate the fact existed, and when alone in my room, wrestling with a knotty problem, I used almost as a rule to keep myself in the most violent state of erection for long periods—an hour or so—sometimes ending with an emission, but more often I forced myself to forego this climax through fear of overindulgence. During these years my curiosity as to the exact nature of the female organs was something terrible, and I wasted many hours and much ingenuity in the attempt to surreptitiously gratify it. My perseverance in the face of failure along this line was surely worthy of a nobler cause.

"I was much in the society of girls of my own age or older during these years and until I was 19. I found with them a keen and entirely pure and wholesome enjoyment utterly separate and apart from the desires and indulgences which I have been describing. I never cared for any girl who was 'forward' or in any way unladylike, and the idea of taking any undue liberties with any of my youthful sweethearts was as remote from my thoughts as a trip to the moon. Perhaps I can say this better and more distinctly by stating that I would be perfectly willing to have my wife know of, or my boys repeat, any action that I ever took with any woman.

"I spent my spare time in their society and lavished upon my girl companions every cent I could spare, but had no thought of immediate sex desire or gratification. At the age of 17 I went as an apprentice in my present profession of dentistry. Whenever it became necessary for me, in assisting at the operating chair, to touch a lady's hair or face, I would be seized with the utmost confusion and could with difficulty control my hands so that they did not tremble. This soon wore off as I came to a realization of the true professional spirit and attitude toward

all patients, and, needless to say, has now become a matter of the utmost indifference to me.

"From 19 to 22 I attended a professional school in a large city, remote from my home, where I was an utter stranger. During these years I devoted myself to my professional studies and to music with much diligence. I took an active part in all student life and problems save only that of the 'eternal feminine.'

"Frequently I have been out with a crowd of 'the boys' when they headed for a brothel, and have been the only one to turn back or to remain on the sidewalk as the door closed behind my last companion. I say this not in self-praise, but in the same spirit of accuracy which has prompted me to put down everything concerning this greatest mystery of our natures as I have experienced it and worked it out.

"It was during these three years at school that I placed upon myself the most stringent and effective curbs to my sex nature. I somehow never could 'get my own consent' to go to a brothel or stay with a 'soiled dove,' for I had by this time firmly resolved that I would bring to my wife, whoever she might turn out to be, a clean body at least. I limited myself in my autoexcitement to one emission a week and on one or two occasions went two weeks without inducing an emission. Spontaneous nocturnal emissions were quite common during these years. I cannot state just how frequent they were, but perhaps one a week would be a fair average.

"Shortly after graduation at the age of 22 I became engaged to the woman who is now my wife. (She was 17 at the time of our engagement, brunette, well developed, and with a wisdom and charm that have held me a willing captive for ten years and no prospect of escape!)

"With our engagement began for each of us that divine and mysterious unfolding of the nature of one to the nature of the other. Our engagement lasted two years and a half and, ignorant as we both were, I am sure that it was none too long. Never shall I forget the surprise I felt—to say nothing of the delight—when I discovered that my sweetheart was as anxious to find out the uttermost facts about me as I was to explore the divine mystery of her sweet body.

"We lived in different towns and I used to spend Sundays at her home. I slept in a room adjoining that occupied by my betrothed and a friend. There was a transom with clear glass over the door which connected these two rooms, and to have stood upon the foot of the bed and looked through this transom would have been the easiest thing in the world, and was such an opportunity as I would have given years of my life to have obtained in my adolescence; but now that the chance was afforded me to freely spy upon the chamber of my future bride my soul revolted, for the feeling was upon me that not until it was revealed

to me because she could no longer bear to keep it concealed from me would I look upon the blessed vision of her maiden loveliness. Nor was I disappointed, for gradually we became acquainted with each other's bodies, and this gradual unveiling of each to the other led, during the last months of our engagement, to mutual manual manipulations, excitement and gratification. Intercourse did not take place until the second night after our marriage, and our first baby was born nine months and three days after our marriage, though my wife was ten days past the cessation of her period at the time of my first entering.

"Since marriage I have made it my first duty to study my wife's inclinations and desires with regard to our sexual relations, and can say that now, after seven years of married life, and after she has borne me two sons, we are enjoying a fullness of happiness that neither of us would have believed possible during the first year of our married life.

"I have found that the woman must have the entire charge of the time and number of approaches in a week or month, and that when she is for any reason disinclined to the sexual act the husband must keep away, no matter how he feels about the matter. Also the man must be sure that his wife reaches the orgasm or is at the point of it before he allows himself to 'let go.'

"Our meetings have averaged eight or nine a month. During the latter months of pregnancy they were *nil*, and in the month following an enforced separation of several weeks they were fourteen. We have never tried nor had the slightest curiosity to know how far we could indulge ourselves.

"For myself I seem to demand a gratification of the sexual desire rather oftener than my wife, and when I feel I cannot get a good night's rest without first being relieved of my seminal burden, while at the same time my wife is disinclined to the sexual act, I have her perform manual manipulation until relief is effected. Mind, I say *relief*, for the emission gives me very little pleasure under these circumstances, but it does give *relief*. In my present health I find I cannot sleep well if I go over more than two nights without an emission. My wife understands my condition, and is entirely willing to assist me in this way when she feels she cannot give me the gratification which I crave. We have come to see sex matters as they are, and respect and reverence have taken the place of ignorance and fear.

"To sum up, owing to lack of circumcision the sex instinct developed too soon and out of all proportion during my early youth. I cannot see that masturbation has ever had the slightest bad effect upon my health or mental state (except as I was constantly loathing myself more or less for being unable to stop it).

"The husband must subordinate himself to the wife in order to obtain the highest good and pleasure of both.

"I have always been successful in my undertakings. Stood at the head of my class at school, and in my professional work graduated with highest honors. I have a memory for prose or verse that is the cause of envy to many of my friends. The facts here set down are recorded in the interest of advancing study along this most important but neglected and ignored line. That they have been truthfully recorded without favor to the black or light on the white is my sincere belief."

HISTORY XIX.—E. B. Parents sound; strong constitution in mother, moderately so in father; vigorous and healthy, but of refined nature. Breast-milk for six months.

"Age 4-5. Took great delight in the little waterworks. Severely punished for this. Interest in the parts morbidly increased thereby.

"Age 5. Earliest recollection of 'counter-erection'—the penis shrinking tensely into itself, producing local and general discomfort. This resulted from certain kinds of *mauvaise-honte*,—having to kiss aged persons, having officious help at micturition, bathing, dressing, etc., which caused a sort of physical disgust. Toward puberty the experience grew rare. One such occasion was at about eighteen, when solicited on the street by a prostitute. The very *idea* of homosexual relations produces it. It would appear to be a powerful safeguard against promiscuous sex relations. I have met two men subject to the same thing, and have heard of one woman subject to something analogous. It might be called a nausea of the 'nether heart' in Georg Hirth's phrase.

"Age 6-7. Earliest recollection of erection. Unprovoked at first. A disposition to *punish* the organ and satisfaction in doing so. From this time erection took place whenever it was thought about.

"Age 10. Present at a discussion in the playground about the best way of intercourse, which I heard of for the first time. This was followed by enlightenment on the source of children. Concluded it must be very painful to both parties. 'Just the other way,' I was told. But the idea of pain to the genitals was 'interesting' to me. Pain felt by the other sex was 'interesting.' Pained looks captivated me—I liked to imagine some mysterious trouble; and, as I learned more, 'female complaints' interested me greatly in their subjects. I got a 'grateful pang' at the pit of the stomach at the thought, but neither erection nor the opposite. This hypogastric feeling has continued to associate itself with certain sexual impressions. The thought of a *woman mortifying herself* later on excited me sexually. Once, pulling a stay-string for fun (my wife never laced) gave me a powerful and quite unexpected erection.

"Age 12. A girl visitor of the same age got me talking about the genitals, and at bedtime came and proposed coitus. We failed to manage it. The vulva stripped back the foreskin, which was a voluptuous feeling; then we were alarmed by something and separated. I never saw her again. She too liked to 'punish' her vulva. She put whole pepper in it, and advised me to use the same. I continued greatly excited when she had gone; the hand flew to the phallus and worried it, and orgasm came on at once—the childish orgasm consisting of well-spaced spasms of the ejaculators, without the poignant preliminary nius of the adult orgasm. There was no reaction or depression, except that the phallus—which did not subside at once—was painful to touch. A week or so later I tried again, but failed. A month later, being more excited, I succeeded. I found that I could only compass it about once in three weeks. There were no emissions. I used to have a spontaneous mental image of a small Grecian temple in a sunny park, which charmed me, and I had no scruples.

"Age 12-13. Masturbated once or twice a month.

"Age 13-14. Was sent to a small public school, where it happened that a very good tone prevailed. I learned that masturbation was bad form and unmanly. The proper thing was to save one's self up for women—at about 18. I dropped the practice easily, in spite of indulging my imagination about coitus. I thought of the initiation with prostitutes at 18, with the mixed feelings that even the most combative soldier must regard the fray. The hypogastric feeling above referred to would come on—which I liked and disliked at the same time. The first occasion on which I remember this feeling was when I got my first braces. Anything that harped on my sex produced it. Every time I received the sacrament, which I was forced to do very young, I repented of my intention of whoring at 18—as a man 'must' do—and afterward I relapsed to the expectation. Religion was a great reality to me, but it did not produce the radical effect that the development of the romantic sentiment did later on. (Both my wife and I became freethinkers at about 30.)

"Age 15-17. Read poetry and romance. Conceived a high ideal of faithfulness and constancy. What a mockery all this loyalty is, I said to myself, if a man has stultified it beforehand. That was no mere castle-building. I had not understood what I was about in expecting to whore. The critical feelings were now awakening, and what they produced was revulsion against the abuse of sex, which got stronger every year. It became plain that there would be no whoring or the like for me; I was far too proud and fastidious. I neglected my tasks, which were uncongenial, and read a great deal of anatomy and physiology, which stood me in good stead later. As I rose in the school I was surprised to find the tone worse, but quite at the top it was better

again, and with my latest companions sex was never even mentioned. At 14 I had a friend who importuned me to come into his bed, but I never would get under his bedclothes, for the male sex repels me powerfully in personal contact; he began to talk of masturbation, and now I can understand what he was aiming at. But my day-dreams of nymphs and dryads kept me in a state of perpetual tension, and erection was very frequent. The early morbid admiration of delicate women became replaced by admiration of health and strength combined with grace.

"Age 17-18. I was given a cubicle in which my neighbor on the right masturbated noisily two or three times a week, and the one on the left every night, using intermittent friction to drag it out longer. One night, kneeling at my bedside, saying prayers, my attention was divided between these and the occupation of my neighbor, when, after not having masturbated for four years,—the critical years of development,—the hand flew to the phallus and

'pulses pounding through palms and trembling encircling fingers' procured, in Walt Whitman's language,

'the wholesome relief,—repose, content.'

"I slept well and had a sense of elation at the proof of manhood, for we boys were anxious about whether we secreted semen or not. The sexual obsession was tempered, and about three weeks later I had my first 'pollution'—the 'angel of the night,' as Mantegazza with better sense calls it. From that time on I had pollutions every two or three weeks, with dreams sometimes of masturbation or of nymphs, or quite irrelevant matters. For a time these gave me perfect relief; then my 'dilectatio morosa' began to grow again, and the phallus would become so sensitive that working about on the belly would liberate the orgasm.

"Age 18-19. I had kept on persuading myself I was not masturbating—avoiding the use of the hand—but now I dropped this pretense, and frankly conceded the need to myself. I got done with it in a peremptory way and thought no more of it. I had no evil effects, moral or physical, and my mother would often compliment me on my bright appearance the morning after. At that time the appetite matured every seven to ten days, and, though I dreaded the idea of slavery to it, it would have been very hard to forego it. Headaches, which had begun to plague me from puberty on, grew rarer. Pollutions occurred in between, but were less effectual. I had up to this point accepted the incidental pleasure under a sort of protest; but now I got over that too and I allowed what I would prefer to call an idio-erotism (rather than an auto-erotism) its way, always picturing beautiful nymphs to myself. Surroundings of natural beauty moved me to this kind of reverie, partly perhaps because I had once secretly observed a lad

basking naked on the sandy beach and toying with himself. The recollection is wholly unsullied to me. Happening on one occasion to check the stimulation about two-thirds way to orgasm, I experienced a miniature orgasm like the childish one, but with no declension of the tumescence, and I was able to repeat this maneuver several times before the full orgasm. This I later practised in *Coitus prolongatus*—giving the partner time to come up. I had already got into the way of poisoning the feeling on its climax. The ejaculator reflex, being habituated to this, seems to set in with its throbs when the maneuver is simulated, though no semen has yet been poured into the bulbous portion for the ejaculators to act upon. If this play be broken off before the critical spasm—as in the American 'Karezza,' etc.—there is no perceptible reaction, though an unsatisfied feeling remains. But when the act proceeds to emission and the poignant *undercurrent* of feeling sets in that ushers the ejaculation and may only last two to five seconds, it makes all the difference, and constitutional signs appear—perspiration, etc. This leads to the question whether the critical sensation specially involves the sympathetic nervous system? Up to that point the process is under control, but then automatic.

"An observation of practical importance to me at that time was this: I awoke in the morning after a pollution at night, with an acute headache of a specific kind, and erection. This had happened before, after pollution, and the erection suggested to me whether 'a hair of the dog that bit me' might not prove beneficial. As the excitation proceeded, the pain in the head was directly drained away, as if I were drawing it out. Other pain is also relieved for the moment, such as neuralgia, but to return soon with interest. This, however, was specific and pure benefit. The next time I got a bad headache of this character, without preceding pollution, I tried the remedy, at about 10 A.M. The semen was copious and watery, and the relief was marked, but in an hour's time the headache returned. I had never repeated the act at short interval, i.e., while the organs were under the influence of a previous act, and now I tried the effect of that. The second emission was also profuse, but much thicker, and the relief much greater. In about three hours the headache was, however, again intolerable, and, the connection being now clear, I ventured on a third act, which proved to be the most voluptuous I had so far experienced, the nismus being far more intense. The semen was copious, but thick and ropy, with lumps as large as small peas that could scarcely be crushed with the finger, and yellow in color and rank in odor. After that I was perfectly well and kept so. (The urethra was blocked so that I could with difficulty stroke the masses out.) Later I have examined such semen microscopically and found the spermatozoa dead and disintegrating. My

period in my best years—21 to 48—was twice a week, the odd number being an inconvenience, and I have since endeavored to avoid accumulations, emptying the receptacles on the fourth day, when I remembered the interval, even if the organs did not remind me. On the fifth day headache would otherwise appear and perhaps two acts be needful, or, if I forgot about it for a week, three acts running. That I did not abuse the function the fact proves that every year I would forget about it two to three times and have to resort to this drastic mode.¹ But there is quite a different headache that follows on indulgence during convalescence or when the system is otherwise much lowered. Railway traveling greatly accentuates the need with me; also riding. Girls aroused no physical desire, though I chiefly sought their society, and even after the genital tension was so pronounced, up to 20, I was troubled by the fact that women did not affect me sexually. About this time a buxom girl I liked and who liked me vehemently laid her hand on my arm, in trying to persuade me to give up shooting. The phallus leaped simultaneously. That was my first *sexual* experience—the proof that the *nexus* was established between the genital mechanism and the complex of feeling we call sexual.

"Age 24. At this age I went to stay at a house where there were two very pretty girls. I at once lost my heart to the elder, L. B., as she did to me (strong constitution, but refined nature; parents sound; brought up in the country; eleven months' breast-milk). 'What a mother she will make,' I said to myself. Now began a time of the spiritual and physical communion that I had pictured to myself. . . .

"I am 60 now; she is 57. We are still like-lovers. No; not *like* lovers; we *are* lovers. Of course, I do not mean to imply that sexual impressions have preponderated in our life, as they do in this account. Quite the contrary. We are both strong and, according to all accounts, unusually well preserved. We are very temperate. Since 48 I notice a gradual decline of the erotic propensity. It is now once in five or seven

¹"A practical question arising out of the foregoing is whether such semen should be committed to the vagina? Its presence is known to me by constitutional symptoms (toxic). It is the last to be expelled, and its degenerate germ-cells have no chance against those of the normal fluid deposited in preceding acts, supposing that to be retained. But it may well happen that the prior emissions only reach the pouch, whereas the last is injected into the womb itself. I have frequently had the sense of the orifices of meatus and cervix matching directly, especially when she had powerful orgasm (including two conceptions), and of the semen being sucked from me rather than occluded in its exit, as also happens, requiring me to relax the urge a little. At 18 to 19 the semen of a 'pollution' has left tender red patches where it dried on the neighboring skin, and deep straw-colored stains in the linen."

days. Since the menopause her propensity has declined markedly, but it is not extinct, and she delights as much as ever in my delight. She began to menstruate at 12, was regular till 17; then got chlorotic for a few months, soon recovered, though menstruation was often irregular, but never painful. Sexual experience began at 25. I have often wondered if a moderate self-gymnastic of the faculty, in Venturi's sense, would not have educated her genital sphere, and made her a still better comrade—excluded the periods of irregularity and frigidity. The stage of latency was too protracted. We often noticed that, when menstruation was due or nearly so, prolonged love-sports at bedtime would be followed by menstruation in the morning. We never were separated for longer than three months, and on that occasion, menstruation being delayed, she tried what masturbation would do to determine it, and with a positive result. My need, though less, is as imperative as ever. Seminal headaches—as I would call them—have ceased since 50; the accumulation only produces muddleheadedness. But I have not suffered accumulation over ten to at most twelve days. The quantity of semen is also less. The sensibility of the corpora has declined much; that of the glans is unimpaired. Erection is good. Orgasm takes two to four minutes to provoke, against forty to fifty seconds when young; it is in some respects even more enjoyable—perhaps less intense, but much more prolonged. I have no reaction from indulgence. But I never press it; it always presses me. For overaccumulation, with headache or muddleheadedness, the wifely hand is more efficacious than the vulva. Even the most vivid dream of coitus fails to compass the orgasm now. The peripheral stimulus is essential.

"In our case physical and psychical intensity of emotion have gone hand in hand. I have become specialized to one woman, despite an erotic endowment certainly not meager. The pervasive fragrance makes one adore the whole sex, but my wife does not interpret this homage in a sexually promiscuous sense. We both agree in the principle that if one cannot hold the affection of the other there is no title to it. Tarde says that constancy in love is rarely anything but a voyage of discovery round the beloved object. I am perpetually making fresh discoveries. But her constancy, I mean the high level of her passion, is independent of discoveries."

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PART THREE

Sexual Selection in Man

I. TOUCH 2. SMELL 3. HEARING 4. VISION

PREFACE.

As IN many other of these *Studies*, and perhaps more than in most, the task attempted in the present volume is mainly of a tentative and preliminary character. There is here little scope yet for the presentation of definite scientific results. However it may be in the physical universe, in the cosmos of science our knowledge must be nebulous before it constellates into definitely measurable shapes, and nothing is gained by attempting to anticipate the evolutionary process. Thus it is that here, for the most part, we have to content ourselves at present with the task of mapping out the field in broad and general outlines, bringing together the facts and considerations which indicate the direction in which more extended and precise results will in the future be probably found.

In his famous *Descent of Man*, wherein he first set forth the doctrine of sexual selection, Darwin injured an essentially sound principle by introducing into it a psychological confusion whereby the physiological sensory stimuli through which sexual selection operates were regarded as equivalent to æsthetic preferences. This confusion misled many, and it is only within recent years (as has been set forth in the "Analysis of the Sexual Impulse" in the previous volume of these *Studies*) that the investigations and criticisms of numerous workers have placed the doctrine of sexual selection on a firm basis by eliminating its hazardous æsthetic element. Love springs up as a response to a number of stimuli to tumescence, the object that most adequately arouses tumescence being that which evokes love; the question of æsthetic beauty, although it develops on this basis, is not itself fundamental and need not even be consciously present at all. When we look at these phenomena in their broadest biological aspects, love is only to a limited extent a response to beauty; to a greater extent beauty is simply a name for the complexus of stimuli which most adequately arouses love. If

we analyze these stimuli to tumescence as they proceed from a person of the opposite sex we find that they are all appeals which must come through the channels of four senses: touch, smell, hearing, and, above all, vision. When a man or a woman experiences sexual love for one particular person from among the multitude by which he or she is surrounded, this is due to the influences of a group of stimuli coming through the channels of one or more of these senses. There has been a sexual selection conditioned by sensory stimuli. This is true even of the finer and more spiritual influences that proceed from one person to another, although, in order to grasp the phenomena adequately, it is best to insist on the more fundamental and less complex forms which they assume. In this sense sexual selection is no longer a hypothesis concerning the truth of which it is possible to dispute; it is a self-evident fact. The difficulty is not as to its existence, but as to the methods by which it may be most precisely measured. It is fundamentally a psychological process, and should be approached from the psychological side. This is the reason for dealing with it here. Obscure as the psychological aspects of sexual selection still remain, they are full of fascination, for they reveal to us the more intimate sides of human evolution, of the process whereby man is molded into the shapes we know.

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SEXUAL SELECTION IN MAN.

The External Sensory Stimuli Affecting Selection in Man—The Four Senses Involved.

TUMESCENCE—the process by which the organism is brought into the physical and psychic state necessary to insure conjugation and detumescence—to some extent comes about through the spontaneous action of internal forces. To that extent it is analogous to the physical and psychic changes which accompany the gradual filling of the bladder and precede its evacuation. But even among animals who are by no means high in the zoölogical scale the process is more complicated than this. External stimuli act at every stage, arousing or heightening the process of tumescence, and in normal human beings it may be said that the process is never completed without the aid of such stimuli, for even in the auto-erotic sphere external stimuli are still active, either actually or in imagination.

The chief stimuli which influence tumescence and thus direct sexual choice come chiefly—indeed, exclusively—through the four senses of touch, smell, hearing, and sight. All the phenomena of sexual selection, so far as they are based externally, act through these four senses.¹ The reality of the influence thus exerted may be demonstrated statistically even in civil-

¹ Taste must, I believe, be excluded, for if we abstract the parts of touch and smell, even in those abnormal sexual acts in which it may seem to be affected, taste could scarcely have any influence. Most of our "tasting," as Waller puts it, is done by the nose, which, in man, is in specially close relationship, posteriorly, with the mouth. There are at most four taste sensations—sweet, bitter, salt, and sour—if even all of these are simple tastes. What commonly pass for taste sensations, as shown by some experiments of G. T. W. Patrick (*Psychological Review*, 1898, p. 160), are the composite results of the mingling of sensations of smell, touch, temperature, sight, and taste.

ized man, and it has been shown that, as regards, for instance, eye-color, conjugal partners differ sensibly from the unmarried persons by whom they are surrounded. When, therefore, we are exploring the nature of the influence which stimuli, acting through the sensory channels, exert on the strength and direction of the sexual impulse, we are intimately concerned with the process by which the actual form and color, not alone of living things generally, but of our own species, have been shaped and are still being shaped. At the same time, it is probable, we are exploring the mystery which underlies all the subtle appreciations, all the emotional undertones, which are woven in the web of the whole world as it appeals to us through those sensory passages by which alone it can reach us. We are here approaching, therefore, a fundamental subject of unsurpassable importance, a subject which has not yet been accurately explored save at a few isolated points and one which it is therefore impossible to deal with fully and adequately. Yet it cannot be passed over, for it enters into the whole psychology of the sexual instinct.

Of the four senses—touch, smell, hearing, and sight—with which we are here concerned, touch is the most primitive, and it may be said to be the most important, though it is usually the last to make its appeal felt. Smell, which occupies the chief place among many animals, is of comparatively less importance, though of considerable interest, in man; it is only less intimate and final than touch. Sight occupies an intermediate position, and on this account, and also on account of the very great part played by vision in life generally as well as in art, it is the most important of all the senses from the human sexual point of view. Hearing, from the same point of view, is the most remote of all the senses in its appeal to the sexual impulse, and on that account it is, when it intervenes, among the first to make its influence felt.

TOUCH.

I.

The Primitive Character of the Skin—Its Qualities—Touch the Earliest Source of Sensory Pleasure—The Characteristics of Touch—As the Alpha and Omega of Affection—The Sexual Organs a Special Adaptation of Touch—Sexual Attraction as Originated by Touch—Sexual Hyperæsthesia to Touch—The Sexual Associations of Acne.

WE are accustomed to regard the skin as mainly owing its existence to the need for the protection of the delicate vessels, nerves, viscera, and muscles underneath. Undoubtedly it performs, and by its tough and elastic texture is well fitted to perform, this extremely important service. But the skin is not merely a method of protection against the external world; it is also a method of bringing us into sensitive contact with the external world. It is thus, as the organ of touch, the seat of the most widely diffused sense we possess, and, moreover, the sense which is the most ancient and fundamental of all—the mother of the other senses.

It is scarcely necessary to insist that the primitive nature of the sensory function of the skin with the derivative nature of the other senses, is a well ascertained and demonstrable fact. The lower we descend in the animal scale, the more varied we find the functions of the skin to be, and if in the higher animals much of the complexity has disappeared, that is only because the specialization of the various skin regions into distinct organs has rendered this complexity unnecessary. Even yet, however, in man himself the skin still retains, in a more or less latent condition, much of its varied and primary power, and the analysis of pathological and even normal phenomena serves to bring these old powers into clear light.

Woods Hutchinson (*Studies in Human and Comparative Pathology*, 1901, Chapters VII and VIII) has admirably set forth the immense importance of the skin, as in the first place "a tissue which is silk to the touch, the most exquisitely beautiful surface in the universe to the eye, and yet a wall of adamant against hostile attack. Impervious alike, by virtue of its wonderful responsive vitality, to moisture and drought, cold and heat, electrical changes, hostile bacteria, the most virulent of poisons and the deadliest of gases, it is one of the real Wonders of the World. More beautiful than velvet, softer and more pliable than silk, more impervious than rubber, and more durable under exposure than steel, well-nigh as resistant to electric currents as glass, it is one of the toughest and most dangerproof substances in the three kingdoms of nature" (although, as this author adds, we "hardly dare permit it to see the sunlight or breathe the open air"). But it is more than this. It is, as Woods Hutchinson expresses it, the creator of the entire body; its embryonic infoldings form the alimentary canal, the brain, the spinal cord, while every sense is but a specialization of its general organic activity. It is furthermore a kind of "skin-heart," promoting the circulation by its own energy; it is the great heat-regulating organ of the body; it is an excretory organ only second to the kidneys, which descend from it, and finally it still remains the seat of touch.

It may be added that the extreme beauty of the skin as a surface is very clearly brought out by the inadequacy of the comparisons commonly used in order to express its beauty. Snow, marble, alabaster, ivory, milk, cream, silk, velvet, and all the other conventional similes furnish surfaces which from any point of view are incomparably inferior to the skin itself. (Cf. Stratz, *Die Schönheit des Weiblichen Körpers*, Chapter XII.)

With reference to the extraordinary vitality of the skin, emphasized by Woods Hutchinson, it may be added that, when experimenting on the skin with the electric current, Waller found that healthy skin showed signs of life ten days or more after excision. It has been found also that fragments of skin which have been preserved in sterile fluid for even as long as nine months may still be successfully transplanted on to the body. (*British Medical Journal*, July 19, 1902.)

Everything indicates, remark Stanley Hall and Donaldson ("Motor Sensations in the Skin," *Mind*, 1885), that the skin is "not only the primeval and most reliable source of our knowledge of the external world or the archaeological field of psychology," but a field in which work may shed light on some of the most fundamental problems of psychic action. Groos (*Spiele der Menschen*, pp. 8-16) also deals with the primitive character of touch sensations.

Touch sensations are without doubt the first of all the sensory impressions to prove pleasurable. We should, indeed, expect this from the fact that the skin reflexes have already appeared before birth, while a pleasurable sensitiveness of the lips is doubtless a factor in the child's response to the contact of the maternal nipple. Very early memories of sensory pleasure seem to be frequently, perhaps most frequently, tactile in character, though this fact is often disguised in recollection, owing to tactile impression being vague and diffused; there is thus in Elizabeth Potwin's "Study of Early Memories" (*Psychological Review*, November, 1901) no separate group of tactile memories, and the more elaborate investigation by Colegrove ("Individual Memories," *American Journal of Psychology*, January, 1899) yields no decisive results under this head. See, however, Stanley Hall's valuable study, "Some Aspects of the Early Sense of Self," *American Journal of Psychology*, April, 1898. Külpe has a discussion of the psychology of cutaneous sensations (*Outlines of Psychology* [English translation], pp. 87 et seq.).

Harriet Martineau, at the beginning of her *Autobiography*, referring to the vivid character of tactile sensations in early childhood, remarks, concerning an early memory of touching a velvet button, that "the rapture of the sensation was really monstrous." And a lady tells me that one of her earliest memories at the age of 3 is of the exquisite sensation of the casual contact of a cool stone with the vulva in the act of urinating. Such sensations, of course, cannot be termed specifically sexual, though they help to furnish the tactile basis on which the specifically sexual sensations develop.

The elementary sensitiveness of the skin is shown by the fact that moderate excitation suffices to raise the temperature, while Heidenhain and others have shown that in animals cutaneous stimuli modify the sensibility of the brain cortex, slight stimulus increasing excitability and strong stimulus diminishing it. Féré has shown that the slight stimulus to the skin furnished by placing a piece of metal on the arm or elsewhere suffices to increase the output of work with the ergograph. (Féré, *Comptes Rendus Société de Biologie*, July 12, 1902; *id. Pathologie des Emotions*, pp. 40 et seq.)

Féré found that the application of a mustard plaster to the skin, or an icebag, or a hot-water bottle, or even a light touch with a painter's brush, all exerted a powerful effect in increasing muscular work with the ergograph. "The tonic effect of cutaneous excitation," he remarks, "throws light on the psychology of the caress. It is always the most sensitive parts of the body which seek to give or to receive caresses. Many animals rub or lick each other. The mucous surfaces share in this irritability of the skin. The kiss is not only an expression of feeling; it is a means of provoking it. Cataglottism is by

no means confined to pigeons. The tonic value of cutaneous stimulation is indeed a commonly accepted idea. Wrestlers rub their hands or limbs, and the hand-shake also is not without its physiological basis.

Cutaneous excitations may cause painful sensations to cease. Many massage practices which favor work act chiefly as sensorial stimulants; on this account many nervous persons cannot abandon them, and the Greeks and Romans found in massage not only health, but pleasure. Lauder Brunton regards many common manœuvres, like scratching the head and pulling the mustache, as methods of dilating the blood-vessels of the brain by stimulating the facial nerve. The motor reactions of cutaneous excitations favor this hypothesis." (Féré, *Travail et Plaisir*, Chapter XV, "Influence des Excitations du Toucher sur le Travail.")

The main characteristics of the primitive sense of touch are its wide diffusion over the whole body and the massive vagueness and imprecision of the messages it sends to the brain. This is the reason why it is, of all the senses, the least intellectual and the least æsthetic; it is also the reason why it is, of all the senses, the most profoundly emotional. "Touch," wrote Bain in his *Emotions and Will*, "is both the alpha and the omega of affection," and he insisted on the special significance in this connection of "tenderness"—a characteristic emotional quality of affection which is directly founded on sensations of touch. If tenderness is the alpha of affection, even between the sexes, its omega is to be found in the sexual embrace, which may be said to be a method of obtaining, through a specialized organization of the skin, the most exquisite and intense sensations of touch.

"We believe nothing is so exciting to the instinct or mere passion as the presence of the hand or those tactile caresses which mark affection," states the anonymous author of an article on "Woman in her Psychological Relations," in the *Journal of Psychological Medicine*, 1851. "They are the most general stimuli in lower animals. The first recourse in difficulty or danger, and the primary solace in anguish, for woman is the bosom of her husband or her lover. She seeks solace and protection and repose on that part of the body where she herself places the objects of her own affection. Woman appears to have the same instinctive impulse in this respect all over the world."

It is because the sexual orgasm is founded on a special adaptation and intensification of touch sensations that the sense of touch generally is to be regarded as occupying the very first place in reference to the sexual emotions. Féré, Mantegazza, Penta, and most other writers on this question are here agreed. Touch sensations constitute a vast gamut for the expression of affection, with at one end the note of minimum personal affection in the brief and limited touch involved by the conventional hand-shake and the conventional kiss, and at the other end the final and intimate contact in which passion finds the supreme satisfaction of its most profound desire. The intermediate region has its great significance for us because it offers a field in which affection has its full scope, but in which every road may possibly lead to the goal of sexual love. It is the intimacy of touch contacts, their inevitable approach to the threshold of sexual emotion, which leads to a jealous and instinctive parsimony in the contact of skin and skin and to the tendency with the increased sensitiveness of the nervous system involved by civilization to restrain even the conventional touch manifestation of ordinary affection and esteem. In China fathers leave off kissing their daughters while they are still young children. In England the kiss as an ordinary greeting between men and women—a custom inherited from classic and early Christian antiquity—still persisted to the beginning of the eighteenth century. In France the same custom existed in the seventeenth century, but in the middle of that century was beginning to be regarded as dangerous,¹ while at the present time the conventional kiss on the cheek is strictly differentiated from the kiss on the mouth, which is reserved for lovers. Touch contacts between person and person, other than those limited and defined by custom, tend to become either unpleasant—as an undesired intrusion into an intimate sphere—or else, when occurring between man and woman at some peculiar moment, they may make a powerful reverberation in the emotional and more specifically sexual sphere. One

¹ A. Franklin, *Les Soins de Toilette*, p. 81.

man falls in love with his future wife because he has to carry her upstairs with a sprained ankle. Another dates his love-story from a romp in which his cheek accidentally came in contact with that of his future wife. A woman will sometimes instinctively strive to attract the attention of the man who appeals to her by a peculiar and prolonged pressure of the hand—the only touch contact permitted to her. Dante, as Penta has remarked, refers to “sight or touch” as the two channels through which a woman’s love is revived (*Purgatorio*, VIII, 76). Even the hand-shake of a sympathetic man is enough in some chaste and sensitive women to produce sexual excitement or sometimes even the orgasm. The cases in which love arises from the influence of stimuli coming through the sense of touch are no doubt frequent, and they would be still more frequent if it were not that the very proximity of this sense to the sexual sphere causes it to be guarded with a care which in the case of the other senses it is impossible to exercise. This intimacy of touch and the reaction against its sexual approximations leads to what James has called “the *antisexual instinct*, the instinct of personal isolation, the actual repulsiveness to us of the idea of intimate contact with most of the persons we meet, especially those of our own sex.” He refers in this connection to the unpleasantness of the sensation felt on occupying a seat still warm from the body of another person.¹ The Catholic Church has always recognized the risks of voluptuous emotion involved in tactile contacts, and the facility with which even the most innocent contacts may take on a libidinous character.²

The following observations were written by a lady (aged 30) who has never had sexual relationships: “I am only conscious of a very sweet and pleasurable emotion when coming in contact with honorable men, and consider that a comparison can be made between the idealism of such emotions and those of music, of beauties of Nature, and of productions of art. While studying and writing articles upon a new sub-

¹ W. James, *Principles of Psychology*, vol. ii. p. 347.

² Numerous passages from the theologians bearing on this point are brought together in *Moehialogia*, pp. 221-226.

ject I came in contact with a specialist, who rendered me considerable aid, and, one day, while jointly correcting a piece of work, he touched my hand. This produced a sweet and pure sensation of thrill through the whole system. I said nothing; in fact, was too thrilled for speech; and never to this day have shown any responsive action, but for months at certain periods, generally twice a month, I have experienced the most pleasurable emotions. I have seen this friend twice since, and have a curious feeling that I stand on one side of a hedge, while he is on the other, and, as neither makes an approach, pleasure of the highest kind is experienced, but not allowed to go beyond reasonable and health-giving bounds. In some moments I feel overcome by a sense of mastery by this man, and yet, feeling that any approach would be undignified, some pleasure is experienced in restraining and keeping within proper bounds this passionate emotion. All these thrills of pleasurable emotion possess a psychic value, and, so long as the nervous system is kept in perfect health, they do not seem to have the power to injure, but rather one is able to utilize the passionate emotions as weapons for pleasure and work."

Various parts of the skin surface appear to have special sexual sensitiveness, peculiarly marked in many individuals, especially women; so that, as Féré remarks (*L'Instinct Sexuel*, second edition, 1902, p. 130), contact stimulation of the lips, lobe of ear, nape of neck, little finger, knee, etc., may suffice even to produce the orgasm. Some sexually hyperæsthetic women, as has already been noted, experience this when shaking hands with a man who is attractive to them. In some neurotic persons this sensibility, as Féré shows, may exist in so morbid a degree that even the contact of the sensitive spot with unattractive persons or inanimate objects may produce the orgasm. In this connection reference may be made to the well-known fact that in some hysterical subjects there are so-called "erogenous zones" simple pressure on which suffices to evoke the complete orgasm. There is, perhaps, some significance, from our present point of view, in the fact that, as emphasized by Savill ("Hysterical Skin Symptoms," *Lancet*, January 30, 1904), the skin is one of the very best places to study hysteria.

The intimate connection between the skin and the sexual sphere is also shown in pathological conditions of the skin, especially in acne as well as simple pimples on the face. The sexual development of puberty involves a development of hair in various regions of the body which previously were hairless. As, however, the sebaceous glands on the face and elsewhere are the vestiges of former hairs and survive from a period when the whole body was hairy, they also tend to experience in an abortive manner this same impulse. Thus, we may say that, with the development of the sexual organs at puberty, there is correlated ex-

citement of the whole pilo-sebaceous apparatus. In the regions where this apparatus is vestigial, and notably in the face, this abortive attempt of the hair-follicles and their sebaceous appendages to produce hairs tends only to disorganization, and simple *comedones* or pustular acne pimples are liable to occur. As a rule, acne appears about puberty and dies out slowly during adolescence. While fairly common in young women, it is usually much less severe, but tends to be exacerbated at the menstrual periods; it is also apt to appear at the change of life. (Stephen Mackenzie, "The Etiology and Treatment of Acne Vulgaris," *British Medical Journal*, September 29, 1894. Laycock [*Nervous Diseases of Women*, 1840, p. 23] pointed out that acne occurs chiefly in those parts of the surface covered by sexual hair. A lucid account of the origin of acne will be found in Woods Hutchinson's *Studies in Human and Comparative Pathology*, pp. 179-184. G. J. Engelmann ["The Hystero-neuroses," *Gynecological Transactions*, 1887, pp. 124 *et seq.*] discusses various pathological disorders of the skin as reflex disturbances originating in the sexual sphere.)

The influence of menstruation in exacerbating acne has been called in question, but it seems to be well established. Thus, Bulkley ("Relation between Certain Diseases of the Skin and the Menstrual Function," *Transactions of the Medical Society of New York*, 1901, p. 328) found that, in 510 cases of acne in women, 145, or nearly one-third, were worse about the monthly period. Sometimes it only appeared during menstruation. The exacerbation occurred much more frequently just before than just after the period. There was usually some disturbance of menstruation. Various other disorders of the skin show a similar relationship to menstruation.

It has been asserted that masturbation is a frequent or constant cause of acne at puberty. (See, *e.g.*, discussion in *British Medical Journal*, July, 1882.) This cannot be accepted. Acne very frequently occurs without masturbation, and masturbation is very frequently practiced without producing acne. At the same time we may well believe that at the period of puberty, when the pilo-sebaceous system is already in sensitive touch with the sexual system, the shock of frequently repeated masturbation may (in the same way as disordered menstruation) have its repercussion on the skin. Thus, a lady has informed me that at about the age of 18 she found that frequently repeated masturbation was followed by the appearance of *comedones*.

II.

Ticklishness—Its Origin and Significance—The Psychology of Tickling—Laughter—Laughter as a Kind of Detumescence—The Sexual Relationships of Itching—The Pleasure of Tickling—Its Decrease with Age and Sexual Activity.

TOUCH, as has already been remarked, is the least intellectual of the senses. There is, however, one form of touch sensation—that is to say, ticklishness—which is of so special and peculiar a nature that it has sometimes been put aside in a class apart from all other touch sensations. Scaliger proposed to class titillation as a sixth, or separate, sense. Alrutz, of Upsala, regards tickling as a milder degree of itching, and considers that the two together constitute a sensation of distinct quality with distinct end-organs for the mediation of that quality.¹ However we may regard this extreme view, tickling is certainly a specialized modification of touch and it is at the same time the most intellectual mode of touch sensation and that with the closest connection with the sexual sphere. To regard tickling as an intellectual manifestation may cause surprise, more especially when it is remembered that ticklishness is a form of sensation which reaches full development very early in life, and it has to be admitted that, as compared even with the messages that may be sent through smell and taste, the intellectual element in ticklishness remains small. But its presence here has been independently recognized by various investigators. Groos points out the psychic factor in tickling as evidenced by the impossibility of self-tickling.² Louis Robinson considers that ticklishness “appears to be one of the simplest developments of mechanical and automatic nervous processes in the direction of the complex functioning of

¹ Alrutz's views are summarized in *Psychological Review*, Sept., 1901.

² *Die Spiele der Menschen*, 1899, p. 206.

the higher centres which comes within the scope of psychology,"¹ Stanley Hall and Allin remark that "these minimal touch excitations represent the very oldest stratum of psychic life in the soul."² Hirman Stanley, in a somewhat similar manner, pushes the intellectual element in ticklishness very far back and associates it with "tentacular experience." "By temporary self-extension," he remarks, "even low amoeboid organisms have slight, but suggestive, touch experiences that stimulate very general and violent reactions, and in higher organisms extended touch-organs, as tentacles, antennæ, hair, etc., become permanent and very delicately sensitive organs, where minimal contacts have very distinct and powerful reactions." Thus ticklishness would be the survival of long passed ancestral tentacular experience, which, originally a stimulation producing intense agitation and alarm, has now become merely a play activity and a source of keen pleasure.³

We need not, however, go so far back in the zoölogical series to explain the origin and significance of tickling in the human species. Sir J. Y. Simpson suggested, in an elaborate study of the position of the child in the womb, that the extreme excitomotory sensibility of the skin in various regions, such as the sole of the foot, the knee, the sides, which already exists before birth, has for its object the excitation and preservation of the muscular movements necessary to keep the foetus in the most favorable position in the womb.⁴ It is, in fact, certainly the case that the stimulation of all the ticklish regions in the body tends to produce exactly that curled up position of extreme muscular flexion and general ovoid shape which is the normal position of the foetus in the womb. We may well believe that in this early developed reflex activity we have the

¹ L. Robinson, art. "Ticklishness," *Tuke's Dictionary of Psychological Medicine*.

² Stanley Hall and Allin, "Tickling and Laughter," *American Journal of Psychology*, October, 1897.

³ H. M. Stanley, "Remarks on Tickling and Laughter," *American Journal of Psychology*, vol. ix, January, 1898.

⁴ Simpson, "On the Attitude of the Foetus in Utero," *Obstetric Memoirs*, 1856, vol. ii.

basis of that somewhat more complex ticklishness which appears somewhat later.

The mental element in tickling is indicated by the fact that even a child, in whom ticklishness is highly developed, cannot tickle himself; so that tickling is not a simple reflex. This fact was long ago pointed out by Erasmus Darwin, and he accounted for it by supposing that voluntary exertion diminishes the energy of sensation.¹ This explanation is, however, inadmissible, for, although we cannot easily tickle ourselves by the contact of the skin with our own fingers, we can do so with the aid of a foreign body, like a feather. We may perhaps suppose that, as ticklishness has probably developed under the influence of natural selection as a method of protection against attack and a warning of the approach of foreign bodies, its end would be defeated if it involved a simple reaction to the contact of the organism with itself. This need of protection it is which involves the necessity of a minimal excitation producing a maximal effect, though the mechanism whereby this takes place has caused considerable discussion. We may, it is probable, best account for it by invoking the summation-irradiation theory of pain-pleasure, the summation of the stimuli in their course through the nerves, aided by capillary congestion, leading to irradiation due to anastomoses between the tactile corpuscles, not to speak of the much wider irradiation which is possible by means of central nervous connections.

Prof. C. L. Herrick adopts this explanation of the phenomena of tickling, and rests it, in part, on Dogiel's study of the tactile corpuscles ("Psychological Corollaries of Modern Neurological Discoveries," *Journal of Comparative Neurology*, March, 1898). The following remarks of Prof. A. Allin may also be quoted in further explanation of the same theory: "So far as ticklishness is concerned, a very important factor in the production of this feeling is undoubtedly that of the summation of stimuli. In a research of Stirling's, carried on under Ludwig's direction, it was shown that reflex contractions only occur from repeated shocks to the nerve-centres—that is, through summation of successive stimuli. That this result is also due in some degree to an alternating increase

¹ Erasmus Darwin, *Zoönomia*, Sect. XVII, 4.

in the sensibility of the various areas in question from altered supply of blood is reasonably certain. As a consequence of this summation-process there would result in many cases and in cases of excessive nervous discharge the opposite of pleasure, namely: pain. A number of instances have been recorded of death resulting from tickling, and there is no reason to doubt the truth of the statement that Simon de Montfort, during the persecution of the Albigenses, put some of them to death by tickling the soles of their feet with a feather. An additional causal factor in the production of tickling may lie in the nature and structure of the nervous process involved in perception in general. According to certain histological researches of recent years we know that between the sense-organs and the central nervous system there exist closely connected chains of conductors or neurons, along which an impression received by a single sensory cell on the periphery is propagated avalanchelike through an increasing number of neurons until the brain is reached. If on the periphery a single cell is excited the avalanchelike process continues until finally hundreds or thousands of nerve-cells in the cortex are aroused to considerable activity. Golgi, Ramón y Cajal, Koelliker, Held, Retzius, and others have demonstrated the histological basis of this law for vision, hearing, and smell, and we may safely assume from the phenomena of tickling that the sense of touch is not lacking in a similar arrangement. May not a suggestion be offered, with some plausibility, that even in ideal or representative tickling, where tickling results, say, from someone pointing a finger at the ticklish places, this avalanchelike process may be incited from central centres, thus producing, although in a modified degree, the pleasant phenomena in question? As to the deepest causal factor, I should say that tickling is the result of vasomotor shock." (A. Allin, "On Laughter," *Psychological Review*, May, 1903.)

The intellectual element in tickling comes out in its connection with laughter and the sense of the comic, of which it may be said to constitute the physical basis. While we are not here concerned with laughter and the comic sense,—a subject which has lately attracted considerable attention,—it may be instructive to point out that there is more than an analogy between laughter and the phenomena of sexual tumescence and detumescence. The process whereby prolonged tickling, with its nervous summation and irradiation and accompanying hyperæmia, finds sudden relief in an explosion of laughter is a real example of tumescence—as it has been defined in the study in another volume entitled "An Analysis of the Sexual Im-

pulse"—resulting finally in the orgasm of detumescence. The reality of the connection between the sexual embrace and tickling is indicated by the fact that in some languages, as in that of the Fuegians,¹ the same word is applied to both. That ordinary tickling is not sexual is due to the circumstances of the case and the regions to which the tickling is applied. If, however, the tickling is applied within the sexual sphere, then there is a tendency for orgasm to take place instead of laughter. The connection which, through the phenomena of tickling, laughter thus bears to the sexual sphere is well indicated, as Groos has pointed out, by the fact that in sexually-minded people sexual allusions tend to produce laughter, this being the method by which they are diverted from the risks of more specifically sexual detumescence.²

Reference has been made to the view of Alrutz, according to which tickling is a milder degree of itching. It is more convenient and probably more correct to regard itching or pruritus, as it is termed in its pathological forms, as a distinct sensation, for it does not arise under precisely the same conditions as tickling nor is it relieved in the same way. There is interest, however, in pointing out in this connection that, like tickling, itching has a real parallelism to the specialized sexual sensations. Bronson, who has very ably interpreted the sensations of itching (New York Neurological Society, October 7, 1890; *Medical News*, February 14, 1903, and summarized in the *British Medical Journal*, March 7, 1903; and elsewhere), regards it as a perversion of the sense of touch, a dysæsthesia due to obstructed nerve-excitation with imperfect conduction of the generated force into correlated nervous energy. The scratching which relieves itching directs the nervous energy into freer channels, sometimes substituting for the pruritus either painful or voluptuous sensations. Such voluptuous sensations may be regarded as a generalized aphrodisiac sense comparable to the specialized sexual orgasm. Bronson refers to the significant fact that itching occurs so frequently in the sexual region, and states that sexual neurasthenia is sometimes the only discoverable cause of genital and anal pruritus. (Cf. discussion on pruritus, *British Medical Journal*,

¹ Hyades and Deniker, *Mission Scientifique du Cap Horn*, vol. vii. p. 206.

² Such an interpretation is supported by the arguments of W. McDougall ("The Theory of Laughter," *Nature*, February 5, 1903), who contends, without any reference to the sexual field, that one of the objects of laughter is automatically to "disperse our attention."

November 30, 1895.) Gilman, again (*American Journal of Psychology*, vi, p. 22), considers that scratching, as well as sneezing, is comparable to coitus.

The sexual embrace has an intimate connection with the phenomena of ticklishness which could not fail to be recognized. This connection is, indeed, the basis of Spinoza's famous definition of love,—"*Amor est titillatio quædam concomitante idea causæ externæ*,"—a statement which seems to be reflected in Chamfort's definition of love as "*Téchange de deux fantaisies, et le contact de deux epidermes*." The sexual act, says Gowers, is, in fact, a skin reflex.¹ "The sexual parts," Hall and Allin state, "have a ticklishness as unique as their function and as keen as their importance." Herrick finds the supreme illustration of the summation and irradiation theory of tickling in the phenomena of erotic excitement, and points out that in harmony with this the skin of the sexual region is, as Dogiel has shown, that portion of the body in which the tactile corpuscles are most thoroughly and elaborately provided with anastomosing fibres. It has been pointed out² that, when ordinary tactile sensibility is partially abolished,—especially in hemianæsthesia in the insane,—some sexual disturbance is specially apt to be found in association.

In young children, in girls even when they are no longer children, and occasionally in men, tickling may be a source of acute pleasure, which in very early life is not sexual, but later tends to become so under circumstances predisposing to the production of erotic emotion, and especially when the nervous system is keyed up to a high tone favorable for the production of the maximum effect of tickling.

"When young," writes a lady aged 28, "I was extremely fond of being tickled, and I am to some extent still. Between the ages of 10 and 12 it gave me exquisite pleasure, which I now regard as sexual

¹ Even the structure of the vaginal mucous membrane, it may be noted, is analogous to that of the skin. D. Berry Hart, "Note on the Development of the Clitoris, Vagina, and Hymen," *Transactions of the Edinburgh Obstetrical Society*, vol. xxi, 1896.

² W. H. B. Stoddart, "Anæsthesia in the Insane," *Journal of Mental Science*, October, 1899.

in character. I used to bribe my younger sister to tickle my feet until she was tired."

Stanley Hall and Allin in their investigation of the phenomena of tickling, largely carried out among young women teachers, found that in 60 clearly marked cases ticklishness was more marked at one time than another, "as when they have been 'carrying on,' or are in a happy mood, are nervous or unwell, after a good meal, when being washed, when in perfect health, when with people they like, etc." (Hall and Allin, "Tickling and Laughter," *American Journal of Psychology*, October, 1897.) It will be observed that most of the conditions mentioned are such as would be favorable to excitations of an emotionally sexual character.

The palms of the hands may be very ticklish during sexual excitement, especially in women, and Moll (*Konträre Sexualempfindung*, p. 180) remarks that in some men titillation of the skin of the back, of the feet, and even of the forehead evokes erotic feelings.

It may be added that, as might be expected, titillation of the skin often has the same significance in animals as in man. "In some animals," remarks Louis Robinson (art. "Ticklishness," *Dictionary of Psychological Medicine*), "local titillation of the skin, though in parts remote from the reproductive organs, plainly acts indirectly upon them as a stimulus. Thus, Harvey records that, by stroking the back of a favorite parrot (which he had possessed for years and supposed to be a male), he not only gave the bird gratification,—which was the sole intention of the illustrious physiologist,—but also caused it to reveal its sex by laying an egg."

The sexual significance of tickling is very clearly indicated by the fact that the general ticklishness of the body, which is so marked in children and in young girls, greatly diminishes, as a rule, after sexual relationships have been established. Dr. Gina Lombroso, who investigated the cutaneous reflexes, found that both the abdominal and plantar reflexes, which are well marked in childhood and in young people between the ages of 15 and 18, were much diminished in older persons, and to a greater extent in women than in men, to a greater extent in the abdominal region than on the soles of the feet;¹ her results do not directly show the influence of sexual relationship, but they have an indirect bearing which is worth noting.

¹ Gina Lombroso, "Sur les Réflexes Cutanés," International Congress of Criminal Anthropology, Amsterdam, *Comptes Rendus*, p. 295.

The difference in ticklishness between the unmarried woman and the married woman corresponds to their difference in degree of modesty. Both modesty and ticklishness may be said to be characters which are no longer needed. From this point of view the general ticklishness of the skin is a kind of body modesty. It is so even apart from any sexual significance of tickling, and Louis Robinson has pointed out that in young apes, puppies, and other like animals the most ticklish regions correspond to the most vulnerable spots in a fight, and that consequently in the mock fights of early life skill in defending these spots is attained.

In Iceland, according to Margarethe Filh s (as quoted by Max Bartels, *Zeitschrift f r Ethnologie*, 1900, ht. 2-3, p. 57), it may be known whether a youth is pure or a maid is intact by their susceptibility to tickling. It is considered a bad sign if that is lost.

I am indebted to a medical correspondent for the following communication: "Married women have told me that they find that after marriage they are not ticklish under the arms or on the breasts, though before marriage any tickling or touching in these regions, especially by a man, would make them jump or get hysterical or 'queer,' as they call it. Before coitus the sexual energy seems to be dissipated along all the nerve-channels and especially along the secondary sexual routes, —the breasts, nape of neck, eyebrows, lips, cheeks, armpits, and hair thereon, etc.,—but after marriage the surplus energy is diverted from these secondary channels, and response to tickling is diminished. I have often noted in insane cases, especially mania in adolescent girls, that they are excessively ticklish. Again, in ordinary routine practice I have observed that, though married women show no ticklishness during auscultation and percussion of the chest, this is by no means always so in young girls. Perhaps ticklishness in virgins is Nature's self-protection against rape and sexual advances, and the young girl instinctively wishing to hide the armpits, breasts, and other ticklish regions, tucks herself up to prevent these parts being touched. The married woman, being in love with a man, does not shut up these parts, as she reciprocates the advances that he makes; she no longer requires ticklishness as a protection against sexual aggression."

III.

The Secondary Sexual Skin Centres—Orificial Contacts—Cunnilingus and Fellatio—The Kiss—The Nipples—The Sympathy of the Breasts with the Primary Sexual Centres—This Connection Operative both through the Nerves and through the Blood—The Influence of Lactation on the Sexual Centres—Suckling and Sexual Emotion—The Significance of the Association between Suckling and Sexual Emotion—This Association as a Cause of Sexual Perversity.

WE have seen that the skin generally has a high degree of sensibility, which frequently tends to be in more or less definite association with the sexual centres. We have seen also that the central and specific sexual sensation, the sexual embrace itself, is, in large measure, a specialized kind of skin reflex. Between the generalized skin sensations and the great primary sexual centre of sensation there are certain secondary sexual centres which, on account of their importance, may here be briefly considered.

These secondary centres have in common the fact that they always involve the entrances and the exits of the body—the regions, that is, where skin merges into mucous membrane, and where, in the course of evolution, tactile sensibility has become highly refined. It may, indeed, be said generally of these frontier regions of the body that their contact with the same or a similar frontier region in another person of opposite sex, under conditions otherwise favorable to tumescence, will tend to produce a minimum and even sometimes a maximum degree of sexual excitation. Contact of these regions with each other or with the sexual region itself so closely simulates the central sexual reflex that channels are set up for the same nervous energy and secondary sexual centres are constituted.

It is important to remember that the phenomena we are here concerned with are essentially normal. Many of them are commonly spoken of as perversions. In so far, however, as they are aids to tumescence they must be regarded as coming

within the range of normal variation. They may be considered unæsthetic, but that is another matter. It has, moreover, to be remembered that æsthetic values are changed under the influence of sexual emotion; from the lover's point of view many things are beautiful which are unbeautiful from the point of view of him who is not a lover, and the greater the degree to which the lover is swayed by his passion the greater the extent to which his normal æsthetic standard is liable to be modified. A broad consideration of the phenomena among civilized and uncivilized peoples amply suffices to show the fallacy of the tendency, so common among unscientific writers on these subjects, to introduce normal æsthetic standards into the sexual sphere. From the normal standpoint of ordinary daily life, indeed, the whole process of sex is unæsthetic, except the earlier stages of tumescence.¹

So long as they constitute a part of the phase of tumescence, the utilization of the sexual excitations obtainable through these channels must be considered within the normal range of variation, as we may observe, indeed, among many animals. When, however, such contacts of the orifices of the body, other than those of the male and female sexual organs proper, are used to procure not merely tumescence, but detumescence, they become, in the strict and technical sense, perversions. They are perversions in exactly the same sense as are the methods of intercourse which involve the use of checks to prevent fecundation. The æsthetic question, however, remains the same as if we were dealing with tumescence. It is necessary that this should be pointed out clearly, even at the risk of misapprehension, as confusions are here very common.

The essentially sexual character of the sensitivity of the official contacts is shown by the fact that it may sometimes be accidentally developed even in early childhood. This is well illustrated in a case re-

¹ Jonas Cohn (*Allgemeine Ästhetik*, 1901, p. 11) lays it down that psychology has nothing to do with good or bad taste. "The distinction between good and bad taste has no meaning for psychology. On this account, the fundamental conceptions of æsthetics cannot arise from psychology." It may be a question whether this view can be accepted quite absolutely.

corded by Féré. A little girl of 4, of nervous temperament and liable to fits of anger in which she would roll on the ground and tear her clothes, once ran out into the garden in such a fit of temper and threw herself on the lawn in a half-naked condition. As she lay there two dogs with whom she was accustomed to play came up and began to lick the uncovered parts of the body. It so happened that as one dog licked her mouth the other licked her sexual parts. She experienced a shock of intense sensation which she could never forget and never describe, accompanied by a delicious tension of the sexual organs. She rose and ran away with a feeling of shame, though she could not comprehend what had happened. The impression thus made was so profound that it persisted throughout life and served as the point of departure of sexual perversions, while the contact of a dog's tongue with her mouth alone afterward sufficed to evoke sexual pleasure. (Féré. *Archives de Neurologie*, 1903, No. 90.)

I do not purpose to discuss here either *cunnilingus* (the apposition of the mouth to the female pudendum) or *fellatio* (the apposition of the mouth to the male organ), the agent in the former case being, in normal heterosexual relationships, a man, in the latter a woman; they are not purely tactile phenomena, but involve various other physical and psychic elements. *Cunnilingus* was a very familiar manifestation in classic times, as shown by frequent and mostly very contemptuous references in Aristophanes, Juvenal, and many other Greek and Roman writers; the Greeks regarded it as a Phœnician practice, just as it is now commonly considered French; it tends to be especially prevalent at all periods of high civilization. *Fellatio* has also been equally well known, in both ancient and modern times, especially as practiced by inverted men. It may be accepted that both *cunnilingus* and *fellatio*, as practiced by either sex, are liable to occur among healthy or morbid persons, in heterosexual or homosexual relationships. They have little psychological significance, except to the extent that when practiced to the exclusion of normal sexual relationships they become perversions, and as such tend to be associated with various degenerative conditions, although such associations are not invariable.

The essentially normal character of *cunnilingus* and *fellatio*, when occurring as incidents in the process of tumescence, is shown by the fact that they are practiced by many animals. This is the case, for instance, among dogs. Moll points out that not infrequently the bitch, while under the dog, but before intromission, will change her position to lick the dog's penis—apparently from an instinctive impulse to heighten her own and his excitement—and then return to the normal position, while *cunnilingus* is of constant occurrence among animals, and on account of its frequency among dogs was called by the Greeks σκίλαξ (Rosenbaum, *Geschichte der Lustseuche im Altertume*, fifth edition, pp. 260-278; also notes in Moll, *Untersuchungen über pia*

Libido Sexualis, Bd. 1, pp. 134, 369; and Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil II, pp. 216 *et seq.*)

The occurrence of *cunnilingus* as a sexual episode of tumescence among lower human races is well illustrated by a practice of the natives of the Caroline Islands (as recorded by Kubary in his ethnographic study of this people and quoted by Ploss and Bartels, *Das Weib*, vol. i). It is here customary for a man to place a piece of fish between the labia, while he stimulates the latter by his tongue and teeth until under stress of sexual excitement the woman urinates; this is regarded as an indication that the proper moment for intercourse has arrived. Such a practice rests on physiologically sound facts whatever may be thought of it from an æsthetic standpoint.

The contrast between the normal æsthetic standpoint in this matter and the lover's is well illustrated by the following quotations: Dr. A. B. Holder, in the course of his description of the American Indian *bote*, remarks, concerning *fellatio*: "Of all the many varieties of sexual perversion, this, it seems to me, is the most debased that could be conceived of." On the other hand, in a communication from a writer and scholar of high intellectual distinction occurs the statement: "I affirm that, of all sexual acts, *fellatio* is most an affair of imagination and sympathy." It must be pointed out that there is no contradiction in these two statements, and that each is justified, according as we take the point of view of the ordinary onlooker or of the impassioned lover eager to give a final proof of his or her devotion. It must be added that from a scientific point of view we are not entitled to take either side.

Of the whole of this group of phenomena, the most typical and the most widespread example is certainly the kiss. We have in the lips a highly sensitive frontier region between skin and mucous membrane, in many respects analogous to the vulvo-vaginal orifice, and reinforceable, moreover, by the active movements of the still more highly sensitive tongue. Close and prolonged contact of these regions, therefore, under conditions favorable to tumescence sets up a powerful current of nervous stimulation. After those contacts in which the sexual regions themselves take a direct part, there is certainly no such channel for directing nervous force into the sexual sphere as the kiss. This is nowhere so well recognized as in France, where a young girl's lips are religiously kept for her lover, to such an extent, indeed, that young girls sometimes come to believe that the whole physical side of love is comprehended in a kiss on the mouth; so highly intelligent a woman as Madam Adam

has described the agony she felt as a girl when kissed on the lips by a man, owing to the conviction that she had thereby lost her virtue. Although the lips occupy this highly important position as a secondary sexual focus in the sphere of touch, the kiss is—unlike *cunnilingus* and *fellatio*—confined to man and, indeed, to a large extent, to civilized man. It is the outcome of a compound evolution which had its beginning outside the sphere of touch, and it would therefore be out of place to deal with the interesting question of its development in this place. It will be discussed elsewhere.¹

There is yet another orificial frontier region which is a highly important tactile sexual focus: the nipple. The breasts raise, indeed, several interesting questions in their intimate connection with the sexual sphere and it may be worth while to consider them at this point.

The breasts have from the present point of view this special significance among the sexual centres that they primarily exist, not for the contact of the lover, but the contact of the child. This is doubtless, indeed, the fundamental fact on which all the touch contacts we are here concerned with have grown up. The sexual sensitivity of the lover's lips to orificial contacts has been developed from the sensitivity of the infant's lips to contact with his mother's nipple. It is on the ground of that evolution that we are bound to consider here the precise position of the breasts as a sexual centre.

As the great secreting organs of milk, the function of the breasts must begin immediately the child is cut off from the nutrition derived from direct contact with his mother's blood. It is therefore essential that the connection between the sexual organs proper, more especially the womb, and the breasts should be exceedingly intimate, so that the breasts may be in a condition to respond adequately to the demand of the child's sucking lips at the earliest moment after birth. As a matter of fact, this connection is very intimate, so intimate that it takes place in two totally distinct ways—by the nervous system and by the blood.

¹ See Appendix A: "The Origins of the Kiss."

The breasts of young girls sometimes become tender at puberty in sympathy with the evolution of the sexual organs, although the swelling of the breasts at this period is not normally a glandular process. At the recurring periods of menstruation, again, sensations in the breasts are not uncommon.

It is not, however, until impregnation occurs that really decisive changes take place in the breasts. "As soon as the ovum is impregnated, that is to say within a few days," as W. D. A. Griffith states it ("The Diagnosis of Pregnancy," *British Medical Journal*, April 11, 1903), "the changes begin to occur in the breast, changes which are just as well worked out as are the changes in the uterus and the vagina, which, from the commencement of pregnancy, prepare for the labor which ought to follow nine months afterward. These are changes in the direction of marked activity of function. An organ which was previously quite passive, without activity of circulation and the effects of active circulation, begins to grow and continues to grow in activity and size as pregnancy progresses."

The association between breasts and womb is so obvious that it has not escaped many savage peoples, who are often, indeed, excellent observers. Among one primitive people at least the activity of the breast at impregnation seems to be clearly recognized. The Sinangolo of British New Guinea, says Seligmann (*Journal of the Anthropological Institute*, July-December, 1902, p. 298) believe that conception takes place in the breasts; on this account they hold that coitus should never take place before the child is weaned or he might imbibe semen with the milk.

It is natural to assume that this connection between the activity of the womb and the glandular activity of the breasts is a nervous connection, by means of the spinal cord, and such a connection certainly exists and plays a very important part in the stimulating action of the breasts on the sexual organs. But that there is a more direct channel of communication even than the nervous system is shown by the fact that the secretion of milk will take place at parturition, even when the nervous connection has been destroyed. Mironoff found that, when the mammary gland is completely separated from the central nervous system, secretion, though slightly diminished, still continued. In two goats he cut the nerves shortly before parturition and after birth the breasts still swelled and functioned normally (*Archives des Sciences Biologiques*, St. Petersburg, 1895, summarized in *L'Année Biologique*; 1895, p. 329). Ribbert, again, cut out the mammary gland of a young rabbit and transplanted it into the ear; five months after the rabbit bore young and the gland secreted milk freely. The case has been reported of a woman whose spinal cord was destroyed by an accident at the level of the fifth and sixth dorsal ver-

tebrae, yet lactation was perfectly normal (*British Medical Journal*, August 5, 1899, p. 374). We are driven to suppose that there is some chemical change in the blood, some internal secretion from the uterus or the ovaries, which acts as a direct stimulant to the breasts. (See a comprehensive discussion of the phenomena of the connection between the breasts and sexual organs, though the conclusions are not unsailable, by Temesvary, *Journal of Obstetrics and Gynecology of the British Empire*, June, 1903). That this hypothetical secretion starts from the womb rather than the ovaries seems to be indicated by the fact that removal of both ovaries during pregnancy will not suffice to prevent lactation. In favor of the ovaries, see Beatson, *Lancet*, July, 1896; in favor of the uterus, Armand Routh, "On the Interaction between the Ovaries and the Mammary Glands," *British Medical Journal*, September 30, 1899).

While, however, the communications from the sexual organs to the breast are of a complex and at present ill understood character, the communication from the breasts to the sexual organs is without doubt mainly and chiefly nervous. When the child is put to the breast after birth the suction of the nipple causes a reflex contraction of the womb, and it is held by many, though not all, authorities that in a woman who does not suckle her child there is some risk that the womb will not return to its normal involuted size. It has also been asserted that to put a child to the breast during the early months of pregnancy causes so great a degree of uterine contraction that abortion may result.

Freund found in Germany that stimulation of the nipples by an electrical cupping apparatus brought about contraction of the pregnant uterus. At an earlier period it was recommended to irritate the nipple in order to excite the uterus to parturient action. Simpson, while pointing out that this was scarcely adequate to produce the effect desired, thought that placing a child to the breast after labor had begun might increase uterine action. (J. Y. Simpson, *Obstetric Memoirs*, vol. i, p. 836; also Féré, *L'Instinct Sexuel*, second edition, p. 132).

The influence of lactation over the womb in preventing the return of menstruation during its continuance is well known. According to Remfry's investigation of 900 cases in England, in 57 per cent. of cases there is no menstruation during lactation. (L. Remfry, in paper read before Obstetrical Society of London, summarized in the *British Medical Journal*, January 11, 1896, p. 86). Bendix, in Germany, found among

during pregnancy. The voluptuous element in suckling may thus be called a merciful provision of Nature for securing the maintenance of the child.

Cabanis seems to have realized the significance of this connection as the basis of the sympathy between mother and child, and more recently Lombroso and Ferrero have remarked (*La Donna Delinquente*, p. 438) on the fact that maternal love has a sexual basis in the element of venereal pleasure, though usually inconsiderable, experienced during suckling. Houzeau has referred to the fact that in the majority of animals the relation between mother and offspring is only close during the period of lactation, and this is certainly connected with the fact that it is only during lactation that the female animal can derive physical gratification from her offspring. When living on a farm I have ascertained that cows sometimes, though not frequently, exhibit slight signs of sexual excitement, with secretion of mucus, while being milked; so that, as the dairymaid herself observed, it is as if they were being "bulled." The sow, like some other mammals, often eats her own young after birth, mistaking them, it is thought, for the placenta, which is normally eaten by most mammals; it is said that the sow never eats her young when they have once taken the teat.

It occasionally happens that this normal tendency for suckling to produce voluptuous sexual emotions is present in an extreme degree, and may lead to sexual perversions. It does not appear that the sexual sensations aroused by suckling usually culminate in the orgasm; this however, was noted in a case recorded by Féré, of a slightly neurotic woman in whom intense sexual excitement occurred during suckling, especially if prolonged; so far as possible, she shortened the periods of suckling in order to prevent, not always successfully, the occurrence of the orgasm (Féré, *Archives de Neurologie* No. 30, 1903). Icard refers to the case of a woman who sought to become pregnant solely for the sake of the voluptuous sensations she derived from suckling, and Yellowlees (Art. "Masturbation," *Dictionary of Psychological Medicine*) speaks of the overwhelming character of "the storms of sexual feeling sometimes observed during lactation."

It may be remarked that the frequency of the association between lactation and the sexual sensations is indicated by the fact that, as Savage remarks, lactational insanity is often accompanied by fancies regarding the reproductive organs.

When we have realized the special sensitivity of the orificial regions and the peculiarly close relationships between the breasts and the sexual organs we may easily understand the considerable part which they normally play in the art of love.

As one of the chief secondary sexual characters in women, and one of her chief beauties, a woman's breasts offer themselves to the lover's lips with a less intimate attraction than her mouth only because the mouth is better able to respond. On her side, such contact is often instinctively desired. Just as the sexual disturbance of pregnancy is accompanied by a sympathetic disturbance in the breasts, so the sexual excitement produced by the lover's proximity reacts on the breasts; the nipple becomes turgid and erect in sympathy with the clitoris; the woman craves to place her lover in the place of the child, and experiences a sensation in which these two supreme objects of her desire are deliciously mingled.

The powerful effect which stimulation of the nipple produces on the sexual sphere has led to the breasts playing a prominent part in the erotic art of those lands in which this art has been most carefully cultivated. Thus in India, according to Vatsyayana, many authors are of the opinion that in approaching a woman a lover should begin by sucking the nipples of her breasts, and in the songs of the Bayaderes of Southern India sucking the nipple is mentioned as one of the natural preliminaries of coitus.

In some cases, and more especially in neurotic persons, the sexual pleasure derived from manipulation of the nipple passes normal limits and, being preferred even to coitus, becomes a perversion. In girls' schools, it is said, especially in France, sucking and titillation of the breasts are not uncommon; in men, also, titillation of the nipples occasionally produces sexual sensations (Féré, *L'Instinct Sexuel*, second edition, p. 132). Hildebrandt recorded the case of a young woman whose nipples had been sucked by her lover; by constantly drawing her breasts she became able to suck them herself and thus attained extreme sexual pleasure. A. J. Bloch, of New Orleans, has noted the case of a woman who complained of swelling of the breasts; the gentlest manipulation produced an orgasm, and it was found that the swelling had been intentionally produced for the sake of this manipulation. Moraglia in Italy knew a very beautiful woman who was perfectly cold in normal sexual relationships, but madly excited when her husband pressed or sucked her breasts. Lombroso (*Archivio di Psichiatria*, 1885, fasc. IV) has described the somewhat similar case of a woman who had no sexual sensitivity in the clitoris, vagina, or labia, and no pleasure in coitus except in very strange positions, but possessed intense sexual feelings in the right nipple as well as in the upper third of the thigh.

It is remarkable that not only is suckling apt to be accompanied by sexual pleasure in the mother, but that, in some cases, the infant also appears to have a somewhat similar experience. This is, at all events, indicated in a remarkable case recorded by Féré (*L'Instinct Sexuel*, second edition, p. 257). A female infant child of slightly neurotic heredity was weaned at the age of 14 months, but so great was her affection for her mother's breasts, though she had already become accustomed to other food, that this was only accomplished with great difficulty and by allowing her still to caress the naked breasts several times a day. This went on for many months, when the mother, becoming again pregnant, insisted on putting an end to it. So jealous was the child, however, that it was necessary to conceal from her the fact that her younger sister was suckled at her mother's breasts, and once at the age of 3, when she saw her father aiding her mother to undress, she became violently jealous of him. This jealousy, as well as the passion for her mother's breasts, persisted to the age of puberty, though she learned to conceal it. At the age of 13, when menstruation began, she noticed in dancing with her favorite girl friends that when her breasts came in contact with theirs she experienced a very agreeable sensation, with erection of the nipples; but it was not till the age of 16 that she observed that the sexual region took part in this excitement and became moist. From this period she had erotic dreams about young girls. She never experienced any attraction for young men, but eventually married; though having much esteem and affection for her husband, she never felt any but the slightest sexual enjoyment in his arms, and then only by evoking feminine images. This case, in which the sensations of an infant at the breast formed the point of departure of a sexual perversion which lasted through life, is, so far as I am aware, unique.

IV.

The Bath—Antagonism of Primitive Christianity to the Cult of the Skin—Its Cult of Personal Filth—The Reasons which Justified this Attitude—The World-wide Tendency to Association between Extreme Cleanliness and Sexual Licentiousness—The Immorality Associated with Public Baths in Europe down to Modern Times.

THE hygiene of the skin, as well as its special cult, consists in bathing. The bath, as is well known, attained under the Romans a degree of development which, in Europe at all events, it has never reached before or since, and the modern visitor to Rome carries away with him no more impressive memory than that of the Baths of Caracalla. Since the coming of Christianity the cult of the skin, and even its hygiene, have never again attained the same general and unquestioned exaltation. The Church killed the bath. St. Jerome tells us with approval that when the holy Paula noted that any of her nuns were too careful in this matter she would gravely reprove them, saying that "the purity of the body and its garments means the impurity of the soul."¹ Or, as the modern monk of Mount Athos still declares: "A man should live in dirt as in a coat of mail, so that his soul may sojourn more securely within."

Our knowledge of the bathing arrangements of Roman days is chiefly derived from Pompeii. Three public baths (two for both men and women, who were also probably allowed to use the third occasionally) have so far been excavated in this small town, as well as at least three private bathing establishments (at least one of them for women), while about a dozen houses contain complete baths for private use. Even in a little farm house at Boscoreale (two miles out of Pompeii) there was an elaborate series of bathing rooms. It may be added that Pompeii was well supplied with water. All houses but the poorest had

¹ "*Dicens munditiam corporis atque vestitus animæ esse immunditiam.*"—St. Jerome, *Ad Eustochium Virginem*.

flowing jets, and some houses had as many as ten jets. (See Mau's *Pompeii*, Chapters XXVI-XXVIII.)

The Church succeeded to the domination of imperial Rome, and adopted many of the methods of its predecessor. But there could be no greater contrast than is presented by the attitude of Paganism and of Christianity toward the bath.

As regards the tendencies of the public baths in imperial Rome, some of the evidence is brought together in the section on this subject in Rosenbaum's *Geschichte der Lustseuche im Alterthume*. As regards the attitude of the earliest Christian ascetics in this matter I may refer the reader to an interesting passage in Lecky's *History of European Morals* (vol. ii, pp. 107-112), in which are brought together a number of highly instructive examples of the manner in which many of the most eminent of the early saints deliberately cultivated personal filth.

In the middle ages, when the extreme excesses of the early ascetics had died out, and monasticism became regulated, monks generally took two baths a year when in health; in illness they could be taken as often as necessary. The rules of Cluny only allowed three towels to the community: one for the novices, one for the professed, and one for the lay brothers. At the end of the seventeenth century Madame de Mazarin, having retired to a convent of Visitandines, one day desired to wash her feet, but the whole establishment was set in an uproar at such an idea, and she received a direct refusal. In 1760 the Dominican Richard wrote that in itself the bath is permissible, but it must be taken solely for necessity, not for pleasure. The Church taught, and this lesson is still inculcated in convent schools, that it is wrong to expose the body even to one's own gaze, and it is not surprising that many holy persons boasted that they had never even washed their hands. (Most of these facts have been taken from A. Franklin, *Les Soins de Toilette*, one of the *Vie Privée d'Autrefois* series, in which further details may be found.)

In sixteenth-century Italy, a land of supreme elegance and fashion, superior even to France, the conditions were the same, and how little water found favor even with aristocratic ladies we may gather from the contemporary books on the toilet, which abound with recipes against itch and similar diseases. It should be added that Burckhardt (*Die Cultur der Renaissance in Italien*, eighth edition, volume ii, p. 92) considers that in spite of skin diseases the Italians of the Renaissance were the first nation in Europe for cleanliness.

It is unnecessary to consider the state of things in other European countries. The aristocratic conditions of former days are the plebeian conditions of to-day. So far as England is concerned, such documents as Chadwick's *Report on the Sanitary Condition of the Laboring Popu-*

lation of Great Britain (1842) sufficiently illustrate the ideas and the practices as regards personal cleanliness which prevailed among the masses during the nineteenth century and which to a large extent still prevail.

A considerable amount of opprobrium has been cast upon the Catholic Church for its direct and indirect influence in promoting bodily uncleanness. Nietzsche sarcastically refers to the facts, and Mr. Frederick Harrison asserts that "the tone of the middle ages in the matter of dirt was a form of mental disease." It would be easy to quote many other authors to the same effect.

It is necessary to point out, however, that the writers who have committed themselves to such utterances have not only done an injustice to Christianity, but have shown a lack of historical insight. Christianity was essentially and fundamentally a rebellion against the classic world, against its vices, and against their concomitant virtues, against both its practices and its ideals. It sprang up in a different part of the Mediterranean basin, from a different level of culture; it found its supporters in a new and lower social stratum. The cult of charity, simplicity, and faith, while not primarily ascetic, became inevitably allied with asceticism, because from its point of view sexuality was the very stronghold of the classic world. In the second century the genius of Clement of Alexandria and of the great Christian thinkers who followed him seized on all those elements in classic life and philosophy which could be amalgamated with Christianity without, as they trusted, destroying its essence, but in the matter of sexuality there could be no compromise, and the condemnation of sexuality involved the condemnation of the bath. It required very little insight and sagacity for the Christians to see—though we are now apt to slur over the fact—that the cult of the bath was in very truth the cult of the flesh.¹ However profound their ignorance

¹ With regard to the physiological mechanism by which bathing produces its tonic and stimulating effects Woods Hutchinson has an interesting discussion (Chapter VII) in his *Studies in Human and Comparative Pathology*.

of anatomy, physiology, and psychology might be, they had before them ample evidence to show that the skin is an outlying sexual zone and that every application which promoted the purity, brilliance, and healthfulness of the skin constituted a direct appeal, feeble or strong as the case might be, to those passions against which they were warring. The moral was evident: better let the temporary garment of your flesh be soaked with dirt than risk staining the radiant purity of your immortal soul. If Christianity had not drawn that moral with clear insight and relentless logic Christianity would never have been a great force in the world.

If any doubt is felt as to the really essential character of the connection between cleanliness and the sexual impulse it may be dispelled by the consideration that the association is by no means confined to Christian Europe. If we go outside Europe and even Christendom altogether, to the other side of the world, we find it still well marked. The wantonness of the luxurious people of Tahiti when first discovered by European voyagers is notorious. The Aroe of Tahiti, a society largely constituted on a basis of debauchery, is a unique institution so far as primitive peoples are concerned. Cook, after giving one of the earliest descriptions of this society and its objects at Tahiti (Hawkesworth, *An Account of Voyages*, etc., 1775, vol. ii, p. 55), immediately goes on to describe the extreme and scrupulous cleanliness of the people of Tahiti in every respect; they not only bathed their bodies and clothes every day, but in all respects they carried cleanliness to a higher point than even "the politest assembly in Europe." Another traveler bears similar testimony: "The inhabitants of the Society Isles are, among all the nations of the South Seas, the most cleanly; and the better sort of them carry cleanliness to a very great length"; they bathe morning and evening in the sea, he remarks, and afterward in fresh water to remove the particles of salt, wash their hands before and after meals, etc. (J. R. Forster, *Observations made during a Voyage round the World*, 1798, p. 398.) And William Ellis, in his detailed description of the people of Tahiti (*Polynesian Researches*, 1832, vol. i, especially Chapters VI and IX), while emphasizing their extreme cleanliness, every person of every class bathing at least once or twice a day, dwells on what he considers their unspeakable cleanliness: "notwithstanding the apparent mildness of their cheerful vivacity of their conversation, no portion of the human race was ever perhaps sunk lower in brutal licentiousness and moral degradation."

After leaving Tahiti Cook went on to New Zealand. Here he found that the people were more virtuous than at Tahiti, and also, he found, less clean.

It is, however, a mistake to suppose that physical uncleanness ruled supreme through mediæval and later times. It is true that the eighteenth century, which saw the birth of so much that marks our modern world, witnessed a revival of the old ideal of bodily purity. But the struggle between two opposing ideals had been carried on for a thousand years or more before this. The Church, indeed, was in this matter founded on an impregnable rock. But there never has been a time when influences outside the Church have not found a shelter somewhere. Those traditions of the classic world which Christianity threw aside as useless or worse quietly reappeared. In no respect was this more notably the case than in regard to the love of pure water and the cult of the bath. Islam adopted the complete Roman bath, and made it an institution of daily life, a necessity for all classes. Granada is the spot in Europe where to-day we find the most exquisite remains of Mohammedan culture, and, though the fury of Christian conquest dragged the harrow over the soil of Granada, even yet streams and fountains spring up there and gush abundantly and one seldom loses the sound of the splash of water. The flower of Christian chivalry and Christian intelligence went to Palestine to wrest the Holy Sepulchre from the hands of pagan Mohammedans. They found there many excellent things which they had not gone out to seek, and the Crusaders produced a kind of premature and abortive Renaissance, the shadow of lost classic things reflected on Christian Europe from the mirror of Islam.

Yet it is worth while to point out, as bearing on the associations of the bath here emphasized, that even in Islam we may trace the existence of a religious attitude unfavorable to the bath. Before the time of Mohammed there were no public baths in Arabia, and it was and is believed that baths are specially haunted by the djinn—the evil spirits. Mohammed himself was at first so prejudiced against public baths that he forbade both men and women to enter them. Afterward, however, he permitted men to use them provided they wore a

cloth round the loins, and women also when they could not conveniently bathe at home. Among the Prophet's sayings is found the assertion: "Whatever woman enters a bath the devil is with her," and "All the earth is given to me as a place of prayer, and as pure, except the burial ground and the bath." (See, *e.g.*, E. W. Lane, *Arabian Society in the Middle Ages*, 1883, pp. 179-183.) Although, therefore, the bath, or *hammam*, on grounds of ritual ablution, hygiene, and enjoyment speedily became universally popular in Islam among all classes and both sexes, Mohammed himself may be said to have opposed it.

Among the discoveries which the Crusaders made and brought home with them one of the most notable was that of the bath, which in its more elaborate forms seems to have been absolutely forgotten in Europe, though Roman baths might everywhere have been found underground. All authorities seem to be agreed in finding here the origin of the revival of the public bath. It is to Rome first, and later to Islam, the lineal inheritor of classic culture, that we owe the cult of water and of physical purity. Even to-day the Turkish bath, which is the most popular of elaborate methods of bathing, recalls by its characteristics and its name the fact that it is a Mohammedan survival of Roman life.

From the twelfth century onward baths have repeatedly been introduced from the East, and reintroduced afresh in slightly modified forms, and have flourished with varying degrees of success. In the thirteenth century they were very common, especially in Paris, and though they were often used, more especially in Germany, by both sexes in common, every effort was made to keep them orderly and respectable. These efforts were, however, always unsuccessful in the end. A bath always tended in the end to become a brothel, and hence either became unfashionable or was suppressed by the authorities. It is sufficient to refer to the reputation in England of "hot-houses" and "bagnios." It was not until toward the end of the eighteenth century that it began to be recognized that the claims of physical cleanliness were sufficiently imperative to make it necessary that the fairly avoidable risks to morality in bathing should be avoided and the unavoidable risks bravely incurred. At the present day, now that we are accustomed to

weave ingeniously together in the texture of our lives the conflicting traditions of classic and Christian days, we have almost persuaded ourselves that the pagan virtue of cleanliness comes next after godliness, and we bathe, forgetful of the great moral struggle which once went on around the bath. But we refrain from building ourselves palaces to bathe in, and for the most part we bathe with exceeding moderation.¹ It is probable that we may best harmonize our conflicting traditions by rejecting not only the Christian glorification of dirt, but also, save for definitely therapeutic purposes, the excessive heat, friction, and stimulation involved by the classic forms of bathing. Our reasonable ideal should render it easy and natural for every man, woman, and child to have a simple bath, tepid in winter, cold in summer, all the year round.

For the history of the bath in mediæval times and later Europe, see A. Franklin, *Les Soins de Toilette*, in the *Vie Privée d'Autrefois* series; Rudeck, *Geschichte der öffentlichen Sittlichkeit in Deutschland*; T. Wright, *The Homes of Other Days*; E. Dühren, *Das Geschlechtsleben in England*, bd. 1.

Outside the Church, there was a greater amount of cleanliness than we are sometimes apt to suppose. It may, indeed, be said that the uncleanliness of holy men and women would have attracted no attention if it had corresponded to the condition generally prevailing. Before public baths were established bathing in private was certainly practiced; thus Ordericus Vitalis, in narrating the murder of Mabel, the Countess de Montgomery, in Normandy in 1082, casually mentions that she was lying on the bed after her bath (*Ecclesiastical History*, Book V, Chapter XIII). In warm weather, it would appear, mediæval ladies bathed in streams, as we may still see countrywomen do in Russia, Bohemia, and occasionally nearer home. The statement of the historian Michelet, therefore, that Percival, Iseult, and the other ethereal personages of mediæval times "certainly never washed" (*La Sorcière*, p. 110) requires some qualification.

In 1292 there were twenty-six bathing establishments in Paris, and an attendant would go through the streets in the morning announcing that they were ready. One could have a vapor bath only or a hot bath to succeed it, as in the East. No woman of bad reputation,

¹ Thus among the young women admitted to the Chicago Normal School to be trained as teachers, Miss Lura Sanborn, the director of physical training, states (*Doctor's Magazine*, December, 1900) that a bath once a fortnight is found to be not unusual.

leper, or vagabond was at this time allowed to frequent the baths, which were closed on Sundays and feast-days. By the fourteenth century, however, the baths began to have a reputation for immorality, as well as luxury, and, according to Dufour, the baths of Paris "rivalled those of imperial Rome: love, prostitution, and debauchery attracted the majority to the bathing establishments, where everything was covered by a decent veil." He adds that, notwithstanding the scandal thus caused and the invectives of preachers, all went to the baths, young and old, rich and poor, and he makes the statement, which seems to echo the constant assertion of the early Fathers, that "a woman who frequented the baths returned home physically pure only at the expense of her moral purity."

In Germany there was even greater freedom of manners in bathing, though, it would seem, less real licentiousness. Even the smallest towns had their baths, which were frequented by all classes. As soon as the horn blew to announce that the baths were ready all hastened along the street, the poorer folk almost completely undressing themselves before leaving their homes. Bathing was nearly always in common without any garment being worn, women attendants commonly rubbed and massaged both sexes, and the dressing room was frequently used by men and women in common; this led to obvious evils. The Germans, as Weinhold points out (*Die Deutschen Frauen im Mittelalter*, 1882, bd. ii, pp. 112 *et seq.*), have been fond of bathing in the open air in streams from the days of Tacitus and Cæsar until comparatively modern times, when the police have interfered. It was the same in Switzerland. Poggio, early in the sixteenth century, found it the custom for men and women to bathe together at Baden, and said that he seemed to be assisting at the *floralia* of ancient Rome, or in Plato's Republic. Sénancour, who quotes the passage (*De l'Amour*, 1834, vol. i, p. 313), remarks that at the beginning of the nineteenth century there was still great liberty at the Baden baths.

Of the thirteenth century in England Thomas Wright (*Homes of Other Days*, 1871, p. 271) remarks: "The practice of warm bathing prevailed very generally in all classes of society, and is frequently alluded to in the mediæval romances and stories. For this purpose a large bathing-tub was used. People sometimes bathed immediately after rising in the morning, and we find the bath used after dinner and before going to bed. A bath was also often prepared for a visitor on his arrival from a journey; and, what seems still more singular, in the numerous stories of amorous intrigues the two lovers usually began their interviews by bathing together."

In England the association between bathing and immorality was established with special rapidity and thoroughness. Baths were here officially recognized as brothels, and this as early as the twelfth cen-

tury, under Henry II. These organized bath-brothels were confined to Southwark, outside the walls of the city, a quarter which was also given up to various sports and amusements. At a later period, "hot-houses," bagnios, and hammams (the eastern *hammam*) were spread all over London and remained closely identified with prostitution, these names, indeed, constantly tending to become synonymous with brothels. (T. Wright, *Homes of Other Days*, 1871, pp. 494-496, gives an account of them.)

In France the baths, being anathematized by both Catholics and Huguenots, began to lose vogue and disappear. "Morality gained," remarks Franklin, "but cleanliness lost." Even the charming and elegant Margaret of Navarre found it quite natural for a lady to mention incidentally to her lover that she had not washed her hands for a week. Then began an extreme tendency to use cosmetics, essences, perfumes, and a fierce war with vermin, up to the seventeenth century, when some progress was made, and persons who desired to be very elegant and refined were recommended to wash their faces "nearly every day." Even in 1782, however, while a linen cloth was advised for the purpose of cleaning the face and hands, the use of water was still somewhat discountenanced. The use of hot and cold baths was now, however, beginning to be established in Paris and elsewhere, and the bathing establishments at the great European health resorts were also beginning to be put on the orderly footing which is now customary. When Casanova, in the middle of the eighteenth century, went to the public baths at Berne he was evidently somewhat surprised when he found that he was invited to choose his own attendant from a number of young women, and when he realized that these attendants were, in all respects, at the disposition of the bathers. It is evident that establishments of this kind were then already dying out, although it may be added that the customs described by Casanova appear to have persisted in Budapest and St. Petersburg almost or quite up to the present. The great European public baths have long been above suspicion in this respect (though homosexual practices are not quite excluded), while it is well recognized that many kinds of hot baths now in use produce a powerfully stimulating action upon the sexual system, and patients taking such baths for medical purposes are frequently warned against giving way to these influences.

The struggle which in former ages went on around bathing establishments has now been in part transferred to massage establishments. Massage is an equally powerful stimulant to the skin and the sexual sphere,—acting mainly by friction instead of mainly by heat,—and it has not yet attained that position of general recognition and popularity which, in the case of bathing establishments, renders it bad policy to court disrepute.

Like bathing, massage is a hygienic and therapeutic method of influencing the skin and subjacent tissues which, together with its advantages, has certain concomitant disadvantages in its liability to affect the sexual sphere. This influence is apt to be experienced by individuals of both sexes, though it is perhaps specially marked in women. Jouin (quoted in *Paris Journal de Médecine*, April 23, 1893) found that of 20 women treated by massage, of whom he made inquiries, 14 declared that they experienced voluptuous sensations; 8 of these belonged to respectable families; the other 6 were women of the *démimonde* and gave precise details; Jouin refers in this connection to the *aliptes* of Rome. It is unnecessary to add that the gynæcological massage introduced in recent years by the Swedish teacher of gymnastics, Thure-Brandt, as involving prolonged rubbing and kneading of the pelvic regions, "*pression glissante du vagin*," etc. (*Massage Gynécologique*, by G. de Frumerie, 1897), whatever its therapeutic value, cannot fail in a large proportion of cases to stimulate the sexual emotions. (Eulenburg remarks that for sexual anæsthesia in women the Thure-Brandt system of massage may "naturally" be recommended, *Sexuelle Neuropathie*, p. 78.) I have been informed that in London and elsewhere massage establishments are sometimes visited by women who seek sexual gratification by massage of the genital regions by the *masseuse*.

V.

Summary—Fundamental Importance of Touch—The Skin the Mother of All the Other Senses.

THE sense of touch is so universally diffused over the whole skin, and in so many various degrees and modifications, and it is, moreover, so truly the Alpha and the Omega of affection, that a broken and fragmentary treatment of the subject has been inevitable.

The skin is the archæological field of human and pre-human experience, the foundation on which all forms of sensory perception have grown up, and as sexual sensibility is among the most ancient of all forms of sensibility, the sexual instinct is necessarily, in the main, a comparatively slightly modified form of general touch sensibility. This primitive character of the great region of tactile sensation, its vagueness and diffusion, the comparatively unintellectual as well as unæsthetic nature of the mental conceptions which arise on the tactile basis make it difficult to deal precisely with the psychology of touch. The very same qualities, however, serve greatly to heighten the emotional intensity of skin sensations. So that, of all the great sensory fields, the field of touch is at once the least intellectual and the most massively emotional. These qualities, as well as its intimate and primitive association with the apparatus of tumescence and detumescence, make touch the readiest and most powerful channel by which the sexual sphere may be reached.

In disentangling the phenomena of tactile sensibility ticklishness has been selected for special consideration as a kind of sensation, founded on reflexes developing even before birth, which is very closely related to sexual phenomena. It is, as it were, a play of tumescence, on which laughter supervenes as a play of detumescence. It leads on to the more serious phenomena of tumescence, and it tends to die out after adolescence,

at the period during which sexual relationships normally begin. Such a view of ticklishness, as a kind of modesty of the skin, existing merely to be destroyed, need only be regarded as one of its aspects. Ticklishness certainly arose from a nonsexual starting-point, and may well have protective uses in the young animal.

The readiness with which tactile sensibility takes on a sexual character and forms reflex channels of communication with the sexual sphere proper is illustrated by the existence of certain secondary sexual foci only inferior in sexual excitability to the genital region. We have seen that the chief of these normal foci are situated in the orificial regions where skin and mucous membrane meet, and that the contact of any two orificial regions between two persons of different sex brought together under favorable conditions is apt, when prolonged, to produce a very intense degree of sexual erethism. This is a normal phenomenon in so far as it is a part of tumescence, and not a method of obtaining detumescence. The kiss is a typical example of these contacts, while the nipple is of special interest in this connection, because we are thereby enabled to bring the psychology of lactation into intimate relationship with the psychology of sexual love.

The extreme sensitiveness of the skin, the readiness with which its stimulation reverberates into the sexual sphere, clearly brought out by the present study, enable us to understand better a very ancient contest—the moral struggle around the bath. There has always been a tendency for the extreme cultivation of physical purity to lead on to the excessive stimulation of the sexual sphere; so that the Christian ascetics were entirely justified, on their premises, in fighting against the bath and in directly or indirectly fostering a cult of physical uncleanliness. While, however, in the past there has clearly been a general tendency for the cult of physical purity to be associated with moral licentiousness, and there are sufficient grounds for such an association, it is important to remember that it is not an inevitable and fatal association; a scrupulously clean person is by no means necessarily impelled to licentious-

ness; a physically unclean person is by no means necessarily morally pure. When we have eliminated certain forms of the bath which must be regarded as luxuries rather than hygienic necessities, though they occasionally possess therapeutic virtues, we have eliminated the most violent appeals of the bath to the sexual impulse. So imperative are the demands of physical purity now becoming, in general opinion, that such small risks to moral purity as may still remain are constantly and wisely disregarded, and the immoral traditions of the bath now for the most part, belong to the past.

SMELL.

I.

The Primitiveness of Smell—The Anatomical Seat of the Olfactory Centres—Predominance of Smell among the Lower Mammals—Its Diminished Importance in Man—The Attention Paid to Odors by Savages.

THE first more highly organized sense to arise on the diffused tactile sensitivity of the skin is, in most cases, without doubt that of smell. At first, indeed, olfactory sensibility is not clearly differentiated from general tactile sensibility; the pit of thickened and ciliated epithelium or the highly mobile antennæ which in many lower animals are sensitive to odorous stimuli are also extremely sensitive to tactile stimuli; this is, for instance, the case with the snail, in whom at the same time olfactive sensibility seems to be spread over the whole body.¹ The sense of smell is gradually specialized, and when taste also begins to develop a kind of chemical sense is constituted. The organ of smell, however, speedily begins to rise in importance as we ascend the zoölogical scale. In the lower vertebrates, when they began to adopt a life on dry land, the sense of smell seems to have been that part of their sensory equipment which proved most useful under the new conditions, and it developed with astonishing rapidity. Edinger finds that in the brain of reptiles the "area olfactoria" is of enormous extent, covering, indeed, the greater part of the cortex, though it may be quite true, as Herrick remarks, that, while smell is preponderant, it is perhaps not correct to attribute an exclusively olfactory tone to the cerebral activities of the *Sauropsida* or even the

¹ Emile Yung, "Le Sens Olfactif de l'Escargot (*Helix Pomata*)," *Archives de Psychologie*, November, 1903.

Ichthyopsida. Among most mammals, however, in any case, smell is certainly the most highly developed of the senses; it gives the first information of remote objects that concern them; it gives the most precise information concerning the near objects that concern them; it is the sense in terms of which most of their mental operations must be conducted and their emotional impulses reach consciousness. Among the apes it has greatly lost importance and in man it has become almost rudimentary, giving place to the supremacy of vision.

Prof. G. Elliot Smith, a leading authority on the brain, has well summarized the facts concerning the predominance of the olfactory region in the mammal brain, and his conclusions may be quoted. It should be premised that Elliot Smith divides the brain into rhinencephalon and neopallium. Rhinencephalon designates the regions which are pre-eminently olfactory in function: the olfactory bulb, its peduncle, the tuberculum olfactorium and locus perforatus, the pyriform lobe, the paraterminal body, and the whole hippocampal formation. The neopallium is the dorsal cap of the brain, with frontal, parietal, and occipital areas, comprehending all that part of the brain which is the seat of the higher associative activities, reaching its fullest development in man.

"In the early mammals the olfactory areas form by far the greater part of the cerebral hemisphere, which is not surprising when it is recalled that the forebrain is, in the primitive brain, essentially an appendage, so to speak, of the smell apparatus. When the cerebral hemisphere comes to occupy such a dominant position in the brain it is perhaps not unnatural to find that the sense of smell is the most influential and the chief source of information to the animal; or, perhaps, it would be more accurate to say that the olfactory sense, which conveys general information to the animal such as no other sense can bring concerning its prey (whether near or far, hidden or exposed), is much the most serviceable of all the avenues of information to the lowly mammal leading a terrestrial life, and therefore becomes predominant; and its particular domain—the forebrain—becomes the ruling portion of the nervous system.

"This early predominance of the sense of smell persists in most mammals (unless an aquatic mode of life interferes and deposes it: compare the *Cetacea*, *Sirenia*, and *Pinnipedia*, for example) even though a large neopallium develops to receive visual, auditory, tactile, and other impressions pouring into the forebrain. In the *Anthropoidea* alone of nonaquatic mammals the olfactory regions undergo an absolute (and not only relative, as in the *Carnivora* and *Ungulata*) dwin-

ding, which is equally shared by the human brain, in common with those of the other *Simiidae*, the *Cercopithecidae*, and the *Cebidae*. But all the parts of the rhinencephalon, which are so distinct in macrosmatic mammals, can also be recognized in the human brain. The small ellipsoidal olfactory bulb is moored, so to speak, on the cribriform plate of the ethmoid bone by the olfactory nerves; so that, as the place of attachment of the olfactory peduncle to the expanding cerebral hemisphere becomes removed (as a result of the forward extension of the hemisphere) progressively farther and farther backward, the peduncle becomes greatly stretched and elongated. And, as this stretching involves the gray matter without lessening the number of nerve-fibres in the olfactory tract, the peduncle becomes practically what it is usually called—i.e., the olfactory 'tract.' The tuberculum olfactorium becomes greatly reduced and at the same time flattened; so that it is not easy to draw a line of demarcation between it and the anterior perforated space. The anterior rhinal fissure, which is present in the early human fœtus, vanishes (almost, if not altogether) in the adult. Part of the posterior rhinal fissure is always present in the 'incisura temporalis,' and sometimes, especially in some of the non-European races, the whole of the posterior rhinal fissure is retained in that typical form which we find in the anthropoid apes." (G. Elliot Smith, in *Descriptive and Illustrated Catalogue of the Physiological Series of Comparative Anatomy Contained in the Museum of the Royal College of Surgeons of England*, second edition, vol. ii.) A full statement of Elliot Smith's investigations, with diagrams, is given by Bullen, *Journal of Mental Science*, July, 1899. It may be added that the whole subject of the olfactory centres has been thoroughly studied by Elliot Smith, as well as by Edinger, Mayer, and C. L. Herrick. In the *Journal of Comparative Neurology*, edited by the last named, numerous discussions and summaries bearing on the subject will be found from 1896 onward. Regarding the primitive sense-organs of smell in the various invertebrate groups some information will be found in A. B. Griffiths's *Physiology of the Invertebrata*, Chapter XI.

The predominance of the olfactory area in the nervous system of the vertebrates generally has inevitably involved intimate psychic associations between olfactory stimuli and the sexual impulse. For most mammals not only are all sexual associations mainly olfactory, but the impressions received by this sense suffice to dominate all others. An animal not only receives adequate sexual excitement from olfactory stimuli, but those stimuli often suffice to counterbalance all the evidence of the other senses.

We may observe this very well in the case of the dog. Thus, a young dog, well known to me, who had never had connection with a bitch, but was always in the society of its father, once met the latter directly after the elder dog had been with a bitch. He immediately endeavored to behave toward the elder dog, in spite of angry repulses, exactly as a dog behaves toward a bitch in heat. The messages received by the sense of smell were sufficiently urgent not only to set the sexual mechanism in action, but to overcome the experiences of a lifetime. There is an interesting chapter on the sense of smell in the mental life of the dog in Giessler's *Psychologie des Geruches*, 1894, Chapter XI, Passy (in the appendix to his memoir on olfaction, *L'Année Psychologique*, 1895) gives the result of some interesting experiments as to the effects of perfume on dogs; civet and castoreum were found to have the most powerfully exciting effect.

The influences of smell are equally omnipotent in the sexual life of many insects. Thus, Féré has found that in cockchafers sexual coupling failed to take place when the antennæ, which are the organs of smell, were removed; he also found that males, after they had coupled with females, proved sexually attractive to other males (*Comptes Rendus de la Société de Biologie*, May 21, 1898. Féré similarly found that, in a species of *Bombyx*, males after contact with females sometimes proved attractive to other males, although no abnormal relationships followed. (*Soc. de Biol.*, July 30, 1898.)

With the advent of the higher apes, and especially of man, all this has been changed. The sense of smell, indeed, still persists universally and it is still also exceedingly delicate, though often neglected.¹ It is, moreover, a useful auxiliary in the exploration of the external world, for, in contrast to the very few sensations furnished to us by touch and by taste, we are acquainted with a vast number of smells, though the information they give us is frequently vague. An experienced perfumer, says Piesse, will have two hundred odors in his laboratory and can distinguish them all. To a sensitive nose nearly everything smells. Passy goes so far as to state that he has "never met with any object that is really inodorous when one pays attention to it, not even excepting glass," and, though we can scarcely accept this statement absolutely,—especially in

¹ The sensitiveness of smell in man generally exceeds that of chemical reaction or even of spectral analysis; see Passy, *L'Année Psychologique*, second year, 1895, p. 380.

view of the careful experiments of Ayrton, which show that, contrary to a common belief, metals when perfectly clean and free from traces of contact with the skin or with salt solutions have no smell,—odor is still extremely widely diffused. This is especially the case in hot countries, and the experiments of the Cambridge Anthropological Expedition on the sense of smell of the Papuans were considerably impeded by the fact that at Torres Straits everything, even water, seemed to have a smell. Savages are often accused more or less justly of indifference to bad odors. They are very often, however, keenly alive to the significance of smells and their varieties, though it does not appear that the sense of smell is notably more developed in savage than in civilized peoples. Odors also continue to play a part in the emotional life of man, more especially in hot countries. Nevertheless both in practical life and in emotional life, in science and in art, smell is, at the best, under normal conditions, merely an auxiliary. If the sense of smell were abolished altogether the life of mankind would continue as before, with little or no sensible modification, though the pleasures of life, and especially of eating and drinking, would be to some extent diminished.

In New Ireland, Duffield remarks (*Journal of the Anthropological Institute*, 1886, p. 118), the natives have a very keen sense of smell; unusual odors are repulsive to them, and "carbolic acid drove them wild."

The New Caledonians, according to Foley (*Bulletin de la Société d'Anthropologie*, November 6, 1879), only like the smells of meat and fish which are becoming "high," like *popoya*, which smells of fowl manure, and *kava*, of rotten eggs. Fruits and vegetables which are beginning to go bad seem the best to them, while the fresh and natural odors which we prefer seem merely to say to them: "We are not yet eatable." (A taste for putrefying food, common among savages, by no means necessarily involves a distaste for agreeable scents, and even among Europeans there is a widespread taste for offensively smelling and putrid foods, especially cheese and game.)

The natives of Torres Straits were carefully examined by Dr. C. S. Myers with regard to their olfactory acuteness and olfactory preferences. It was found that acuteness was, if anything, slightly greater than among Europeans. This appeared to be largely due to the careful

attention they pay to odors. The resemblances which they detected among different odorous substances were frequently found to rest on real chemical affinities. The odors they were observed to dislike most frequently were asafetida, valerianic acid, and civet, the last being regarded as most repulsive of all on account of its resemblance to faecal odor, which these people regard with intense disgust. Their favorite odors were musk, thyme, and especially violet. (*Report of the Cambridge Anthropological Expedition to Torres Straits*, vol. ii, Part II, 1903.)

In Australia Lumholtz (*Among Cannibals*, p. 115) found that the blacks had a keener sense of smell than he possessed.

In New Zealand the Maoris, as W. Colenso shows, possessed, formerly at all events, a very keen sense of smell or else were very attentive to smell, and their taste as regarded agreeable and disagreeable odors corresponded very closely to European taste, although it must be added that some of their common articles of food possessed a very offensive odor. They are not only sensitive to European perfumes, but possessed various perfumes of their own, derived from plants and possessing a pleasant, powerful, and lasting odor; the choicest and rarest was the gum of the *taramea* (*Aciphylla Colensoi*), which was gathered by virgins after the use of prayers and charms. Sir Joseph Banks noted that Maori chiefs wore little bundles of perfumes around their necks, and Cook made the same observation concerning the young women. References to the four chief Maori perfumes are contained in a stanza which is still often hummed to express satisfaction, and sung by a mother to her child:—

"My little neck-satchel of sweet-scented moss,
 My little neck-satchel of fragrant fern,
 My little neck-satchel of odoriferous gum,
 My sweet-smelling neck-locket of sharp-pointed *taramea*."

In the summer season the sleeping houses of Maori chiefs were often strewed with a large, sweet-scented, flowering grass of powerful odor. (W. Colenso, *Transactions of the New Zealand Institute*, vol. xxiv, reprinted in *Nature*, November 10, 1892.)

Javanese women rub themselves with a mixture of chalk and strong essence which, when rubbed off, leaves a distinct perfume on the body. (Stratz, *Die Frauenkleidung*, p. 84.)

The Samoans, Friedländer states (*Zeitschrift für Ethnologie*, 1899, p. 52), are very fond of fragrant and aromatic odors. He gives a list of some twenty odorous plants which they use, more especially as garlands for the head and neck, including ylang-ylang and gardenia; he remarks that of one of these plants (cordyline) he could not himself detect the odor.

The Nicobarese, Man remarks (*Journal of the Anthropological Institute*, 1889, p. 377), like the natives of New Zealand, particularly dislike the smell of carbolic acid. Both young men and women are very partial to scents; the former say they find their use a certain passport to the favor of their wives, and they bring home from the jungle the scented leaves of a certain creeper to their sweethearts and wives.

Swahili women devote much attention to perfuming themselves. When a woman wishes to make herself desirable she anoints herself all over with fragrant ointments, sprinkles herself with rose-water, puts perfume into her clothes, strews jasmine flowers on her bed as well as binding them round her neck and waist, and smokes *adi*, the perfumed wood of the aloe; "every man is glad when his wife smells of *adi*" (Velten, *Sitten und Gebräuche der Suahili*, pp. 212-214).

II.

Rise of the Study of Olfaction—Cloquet—Zwaardemaker—The Theory of Smell—The Classification of Odors—The Special Characteristics of Olfactory Sensation in Man—Smell as the Sense of Imagination—Odors as Nervous Stimulants—Vasomotor and Muscular Effects—Odorous Substances as Drugs.

DURING the eighteenth century a great impetus was given to the physiological and psychological study of the senses by the philosophical doctrines of Locke and the English school generally which then prevailed in Europe. These thinkers had emphasized the immense importance of the information derived through the senses in building up the intellect, so that the study of all the sensory channels assumed a significance which it had never possessed before. The olfactory sense fully shared in the impetus thus given to sensory investigation. At the beginning of the nineteenth century a distinguished French physician, Hippolyte Cloquet, a disciple of Cabanis, devoted himself more especially to this subject. After publishing in 1815 a preliminary work, he issued in 1821 his *Osphrésiologie, ou Traité des odeurs, du sens et des organes de l'Olfaction*, a complete monograph on the anatomy, physiology, psychology, and pathology of the olfactory organ and its functions, and a work that may still be consulted with profit, if indeed it can even yet be said to be at every point superseded. After Cloquet's time the study of the sense of smell seems to have fallen into some degree of discredit. For more than half a century no important progress was made in this field. Serious investigators seemed to have become shy of the primitive senses generally, and the subject of smell was mainly left to those interested in "curious" subjects. Many interesting observations were, however, incidentally made; thus Laycock, who was a pioneer in so many by-paths of psychology and anthropology, showed a special interest in the olfactory sense, and in the

touched on it in his *Nervous Diseases of Women* and elsewhere. The writer who more than any other has in recent years restored the study of the sense of smell from a by-path to its proper position as a highway for investigation is without doubt Professor Zwaardemaker, of Utrecht. The invention of his first olfactometer in 1888 and the appearance in 1895 of his great work *Die Physiologie des Geruchs* have served to give the physiology of the sense of smell an assured status and to open the way anew for much fruitful investigation, while a number of inquirers in many countries have had their attention directed to the elucidation of this sense.

Notwithstanding, however, the amount of work which has been done in this field during recent years, it cannot be said that the body of assured conclusions so far reached is large. The most fundamental principles of olfactory physiology and psychology are still somewhat vague and uncertain. Although sensations of smell are numerous and varied, in this respect approaching the sensations of vision and hearing, smell still remains close to touch in the vagueness of its messages (while the most sensitive of the senses, remarks Passy, it is the least precise), the difficulty of classifying them, the impossibility of so controlling them as to found upon them any art. It seems better, therefore, not to attempt to force the present study of a special aspect of olfaction into any general scheme which may possibly not be really valid.

The earliest and most general tendency in regard to the theory of smell was to regard it as a kind of chemical sense directly stimulated by minute particles of solid substance. A vibratory theory of smell, however, making it somewhat analogous to hearing, easily presents itself. When I first began the study of physiology in 1881, a speculation of this kind presented itself to my mind. Long before Philipp von Walther, a professor at Landshut, had put forward a dynamic theory of olfaction (*Physiologie des Menschen*, 1807-8, vol. ii, p. 278). "It is a purely dynamic operation of the odorous substance in the olfactory organ," he stated. Odor is conveyed by the air, he believed, in the same way as heat. It must be added that his reasons for this theory will not always bear examination. More recently a similar theory has been seriously put forward in various quarters. Sir William Ramsay tentatively suggested such a theory (*Nature*, vol. xxv, p. 187) in analogy with light

and sound. Haycraft (*Proceedings of the Royal Society of Edinburgh*, 1883-87, and *Brain*, 1887-88), largely starting from Mendeleeff's law of periodicity, similarly sought to bring smell into line with the higher senses, arguing that molecules with the same vibration have the same smell. Rutherford (*Nature*, August 11, 1892, p. 343), attaching importance to the evidence brought forward by von Brunn showing that the olfactory cells terminate in very delicate short hairs, also stated his belief that the different qualities of smell result from differences in the frequency and form of the vibrations initiated by the action of the chemical molecules on these olfactory cells, though he admitted that such a conception involved a very subtle conception of molecular vibration. Vaschide and Van Melle (Paris Academy of Sciences, December 26, 1899) have, again, argued that smell is produced by rays of short wave-lengths, analogous to light-rays, Röntgen rays, etc. Chemical action is however, a very important factor in the production of odors; this has been well shown by Ayrton (*Nature*, September 8, 1898). We seem to be forced in the direction of a chemico-vibratory theory, as pointed out by Southerden (*Nature*, March 26, 1903), the olfactory cells being directly stimulated, not by the ordinary vibrations of the molecules, but by the agitations accompanying chemical changes.

The vibratory hypothesis of the action of odors has had some influence on the recent physiologists who have chiefly occupied themselves with olfaction. "It is probable," Zwaardemaker writes (*L'Année Psychologique*, 1898), "that aroma is a physico-chemical attribute of the molecules"; he points out that there is an intimate analogy between color and odor, and remarks that this analogy leads us to suppose in an aroma ether vibrations of which the period is determined by the structure of the molecule.

Since the physiology of olfaction is yet so obscure it is not surprising that we have no thoroughly scientific classification of smells, notwithstanding various ambitious attempts to reach a classification. The classification adopted by Zwaardemaker is founded on the ancient scheme of Linnaeus, and may here be reproduced:—

I. Ethereal odors (chiefly esters; Rimmel's fruity series).

II. Aromatic odors (terpenes, camphors, and the spicy, herbaceous, rosaceous, and almond series; the chemical types are well determined: cineol, eugenol, anethol, geraniol, benzaldehyde).

III. The balsamic odors (chiefly aldehydes, Rimmel's jasmin, violet, and balsamic series, with the chemical types: terpineol, ionone, vanillin).

IV. The ambrosiacal odors (ambergris and musk).

V. The alliaceous odors, with the cacodylic group (asafoetida, ichthyol, etc.).

VI. Empyreumatic odors.

VII. Valerianaceous odors (Linnaeus's *Odores hircini*, the capryl group, largely composed of sexual odors).

VIII. Narcotic odors (Linnaeus's *Odores tetri*).

IX. Stenches.

A valuable and interesting memoir, "Revue Générale sur les Sensations Olfactives," by J. Passy, the chief French authority on this subject, will be found in the second volume of *L'Année Psychologique*, 1895. In the fifth issue of the same year-book (for 1898) Zwaardemaker presents a full summary of his work and views, "Les Sensations Olfactives, leurs Combinaisons et leurs Compensations." A convenient, but less authoritative, summary of the facts of normal and pathological olfaction will be found in a little volume of the "Actualités Médicales" series by Dr. Collet, *L'Odorat et ses Troubles*, 1904. In a little book entitled *Wegweiser zu einer Psychologie des Geruches* (1894) Giessler has sought to outline a psychology of smell, but his sketch can only be regarded as tentative and provisional.

At the outset, nevertheless, it seems desirable that we should at least have some conception of the special characteristics which mark the great and varied mass of sensations reaching the brain through the channel of the olfactory organ. The main special character of olfactory images seems to be conditioned by the fact that they are intermediate in character between those of touch or taste and those of sight or sound, that they have much of the vagueness of the first and something of the richness and variety of the second. *Æsthetically*, also, they occupy an intermediate position between the higher and the lower senses.¹ They are, at the same time, less practically useful than either the lower or the higher senses. They furnish us with a great mass of what we may call by-sensations, which are of little practical use, but inevitably become intimately mixed with the experiences of life by association and thus acquire an emotional significance which is often very considerable. Their emotional force, it may well be, is connected with the fact that their anatomical seat is the

¹ The opinions of psychologists concerning the æsthetic significance of smell, not on the whole very favorable, are brought together and discussed by J. V. Volkelt, "Der *Æsthetische Wert der niederen Sinne*," *Zeitschrift für Psychologie und Physiologie der Sinnesorgane*, 1902, ht. 3.

most ancient part of the brain. They lie in a remote and almost disused storehouse of our minds and show the fascination or the repulsiveness of all vague and remote things. It is for this reason that they, are—to an extent that is remarkable when we consider that they are much more precise than touch sensations—subject to the influence of emotional associations. The very same odor may be at one moment highly pleasant, at the next moment highly unpleasant, in accordance with the emotional attitude resulting from its associations. Visual images have no such extreme flexibility; they are too definite to be so easily influenced. Our feelings about the beauty of a flower cannot oscillate so easily or so far as may our feelings about the agreeableness of its odor. Our olfactory experiences thus institute a more or less continuous series of by-sensations accompanying us through life, of no great practical significance, but of considerable emotional significance from their variety, their intimacy, their associational facility, their remote ancestral reverberations through our brains.

It is the existence of these characteristics—at once so vague and so specific, so useless and so intimate—which led various writers to describe the sense of smell as, above all others, the sense of imagination. No sense has so strong a power of suggestion, the power of calling up ancient memories with a wider and deeper emotional reverberation, while at the same time no sense furnishes impressions which so easily change emotional color and tone, in harmony with the recipient's general attitude. Odors are thus specially apt both to control the emotional life and to become its slaves. With the use of incense religions have utilized the imaginative and symbolical virtues of fragrance. All the legends of the saints have insisted on the odor of sanctity that exhales from the bodies of holy persons, especially at the moment of death. Under the conditions of civilization these primitive emotional associations of odor tend to be dispersed, but, on the other hand, the imaginative side of the olfactory sense becomes accentuated, and personal idiosyncrasies of all kinds tend to manifest themselves in the sphere of smell.

Rousseau (in *Emile*, Bk. II) regarded smell as the sense of the imagination. So, also, at an earlier period, it was termed (according to Cloquet) by Cardano. Cloquet frequently insisted on the qualities of odors which cause them to appeal to the imagination; on their irregular and inconstant character; on their power of intoxicating the mind on some occasions; on the curious individual and racial preferences in the matter of odors. He remarked on the fact that the Persians employed asafoetida as a seasoning, while valerian was accounted a perfume in antiquity. (Cloquet, *Osphrésiologie*, pp. 28, 45, 71, 112.) It may be added, as a curious example familiar to most people of the dependence of the emotional tone of a smell on its associations, that, while the exhalations of other people's bodies are ordinarily disagreeable to us, such is not the case with our own; this is expressed in the crude and vigorous dictum of the Elizabethan poet, Marston, "Every man's dung smell sweet i' his own nose." There are doubtless many implications, moral as well as psychological, in that statement.

The modern authorities on olfaction, Passy and Zwaardemaker, both alike insist on the same characteristics of the sense of smell: its extreme acuity and yet its vagueness. "We live in a world of odor," Zwaardemaker remarks (*L'Année Psychologique*, 1898, p. 203), "as we live in a world of light and of sound. But smell yields us no distinct ideas grouped in regular order, still less that are fixed in the memory as a grammatical discipline. Olfactory sensations awake vague and half-understood perceptions, which are accompanied by very strong emotion. The emotion dominates us, but the sensation which was the cause of it remains unperceived." Even in the same individual there are wide variations in the sensitiveness to odors at different times, more especially as regards faint odors; Passy (*L'Année Psychologique*, 1895, p. 387) brings forward some observations on this point.

Maudsley noted the peculiarly suggestive power of odors; "there are certain smells," he remarked, "which never fail to bring back to me instantly and visibly scenes of my boyhood"; many of us could probably say the same. Another writer (E. Dillon, "A Neglected Sense," *Nineteenth Century*, April, 1894) remarks that "no sense has a stronger power of suggestion."

Ribot has made an interesting investigation as to the prevalence and nature of the emotional memory of odors (*Psychology of the Emotions*, Chapter XI). By "emotional memory" is meant the spontaneous or voluntary revivability of the image, olfactory or other. (For the general question, see an article by F. Pillon, "La Mémoire Affective, son Importance Théorique et Pratique," *Revue Philosophique*, February, 1901; also Paulhan, "Sur la Mémoire Affective," *Revue Philosophique*, December, 1902 and January, 1903.) Ribot found that 40 per cent. of persons are unable to revive any such images of taste or smell; 48

per cent. could revive some; 12 per cent. declared themselves capable of reviving all, or nearly all, at pleasure. In some persons there is no necessary accompanying revival of visual or tactile representations, but in the majority the revived odor ultimately excites a corresponding visual image. The odors most frequently recalled were pinks, musk, violets, heliotrope, carbolic acid, the smell of the country, of grass, etc. Piéron (*Revue Philosophique*, December, 1902) has described the special power possessed by vague odors, in his own case, of evoking ancient impressions.

Dr. J. N. Mackenzie (*American Journal of the Medical Sciences*, January, 1886) considers that civilization exerts an influence in heightening or encouraging the influence of olfaction as it affects our emotions and judgment, and that, in the same way, as we ascend the social scale the more readily our minds are influenced and perhaps perverted by impressions received through the sense of smell.

Odors are powerful stimulants to the whole nervous system, causing, like other stimulants, an increase of energy which, if excessive or prolonged, leads to nervous exhaustion. Thus, it is well recognized in medicine that the aromatics containing volatile oils (such as anise, cinnamon, cardamoms, cloves, coriander, and peppermint) are antispasmodics and anæsthetics, and that they stimulate digestion, circulation, and the nervous system, in large doses producing depression. The carefully arranged plethysmographic experiments of Shields, at the Johns Hopkins University, have shown that olfactory sensations, by their action on the vasomotor system, cause an increase of blood in the brain and sometimes in addition stimulation of the heart; musk, wintergreen, wood violet, and especially heliotrope were found to act strongly in these ways.¹

Féré's experiments with the dynamometer and the ergograph have greatly contributed to illustrate the stimulating effects of odors. Thus, he found that smelling musk suffices to double muscular effort. With a number of odorous substances he has found that muscular work is temporarily heightened; when taste stimulation was added the increase of energy, not-

¹ T. E. Shields, "The Effect of Odors, etc., upon the Blood-flow," *Journal of Experimental Medicine*, vol. i, November, 1896. In France, C. Henry and Tardif have made somewhat similar experiments on respiration and circulation. See the latter's *Les Odeurs et les Parfums*, Chapter III.

ably when using lemon was "colossal." A kind of "sensorial intoxication" could be produced by the inhalation of odors and the whole system stimulated to greater activity; the visual acuity was increased, and electric and general excitability heightened.¹ Such effects may be obtained in perfectly healthy persons, though both Shields and Féré have found that in highly nervous persons the effects are liable to be much greater. It is doubtless on this account that it is among civilized peoples that attention is chiefly directed to perfumes, and that under the conditions of modern life the interest in olfaction and its study has been revived.

It is the genuinely stimulant qualities of odorous substances which led to the widespread use of the more potent among them by ancient physicians, and has led a few modern physicians to employ them still. Thus, vanilla, according to Eloy, deserves to be much more frequently used therapeutically than it is, on account of its excitomotor properties; he states that its qualities as an excitant of sexual desire have long been recognized and that Fonssagrives used to prescribe it for sexual frigidity.²

¹ Féré, *Sensation et Mouvement*, Chapter VI; *ib.*, *Comptes Rendus de la Société de Biologie*, November 3, December 15 and 22, 1900.

² Eloy, art. "Vanille," *Dictionnaire Encyclopédique des Sciences Médicales*.

III.

The Specific Body Odors of Various Peoples—The Negro, etc.—The European—The Ability to Distinguish Individuals by Smell—The Odor of Sanctity—The Odor of Death—The Odors of Different Parts of the Body—The Appearance of Specific Odors at Puberty—The Odors of Sexual Excitement—The Odors of Menstruation—Body Odors as a Secondary Sexual Character—The Custom of Salutation by Smell—The Kiss—Sexual Selection by Smell—The Alleged Association between Size of Nose and Sexual Vigor—The Probably Intimate Relationship between the Olfactory and Genital Spheres—Reflex Influences from the Nose—Reflex Influences from the Genital Sphere—Olfactory Hallucinations in Insanity as Related to Sexual States—The Olfactive Type—The Sense of Smell in Neurasthenic and Allied States—In Certain Poets and Novelists—Olfactory Fetichism—The Part Played by Olfaction in Normal Sexual Attraction—In the East, etc.—In Modern Europe—The Odor of the Armpit and its Variations—As a Sexual and General Stimulant—Body Odors in Civilization Tend to Cause Sexual Antipathy unless some Degree of Tumescence is Already Present—The Question whether Men or Women are more Liable to Feel Olfactory Influences—Women Usually more Attentive to Odors—The Special Interest in Odors Felt by Sexual Inverts.

In approaching the specifically sexual aspect of odor in the human species we may start from the fundamental fact—a fact we seek so far as possible to disguise in our ordinary social relations—that all men and women are odorous. This is marked among all races. The powerful odor of many, though not all, negroes is well known; it is by no means due to uncleanly habits, and Joest remarks that it is even increased by cleanliness, which opens the pores of the skin; according to Sir H. Johnston, it is most marked in the armpits and is stronger in men than in women. Pruner Bey describes it as “ammoniacal and rancid; it is like the odor of the he-goat.” The odor varies not only individually, but according to the tribe; Castellani states that the negress of the Congo has merely a slight “*goût de noisette*” which is agreeable rather than otherwise. Monbuttu women, according to Parke, have a strong Gorgonzola perfume, and Emin told Parke that he could distin-

guish the members of different tribes by their characteristic odor. In the same way the Nicobarese, according to Man, can distinguish a member of each of the six tribes of the archipelago by smell. The odor of Australian blacks is less strong than that of negroes and has been described as of a phosphoric character. The South American Indians, d'Orbigny stated, have an odor stronger than that of Europeans, though not as strong as most negroes; it is marked, Latham states, even among those who, like the Araucanos, bathe constantly. The Chinese have a musky odor. The odor of many peoples is described as being of garlic.¹

A South Sea Islander, we are told by Charles de Varigny, on coming to Sydney and seeing the ladies walking about the streets and apparently doing nothing, expressed much astonishment, adding, with a gesture of contempt, "and they have no smell!" It is by no means true, however, that Europeans are odorless. They are, indeed, considerably more odorous than are many other races,—for instance, the Japanese,—and there is doubtless some association between the greater hairiness of Europeans and their marked odor, since the sebaceous glands are part of the hair apparatus. A Japanese anthropologist, Adachi, has published an interesting study on the odor of Europeans,² which he describes as a strong and pungent smell,—sometimes sweet, sometimes bitter,—of varying strength in different individuals, absent in children and the aged, and having its chief focus in the armpits, which, however carefully they are washed, immediately become odorous again. Adachi has found that the sweat-glands are larger in Europeans than in the Japanese, among whom a strong personal odor is so

¹ R. Andree, "Völkergeruch," in *Ethnographische Parallelen*, Neue Folge, 1889, pp. 213-222, brings together many passages describing the odors of various peoples. Hagen, *Sexuelle Osphresologie*, pp. 168 et seq., has a chapter on the subject; Joest, supplement to *International Archiv für Ethnographie*, 1893, p. 53, has an interesting passage on the smells of various races, as also Waitz, *Introduction to Anthropology*, p. 103. Cf. Sir H. H. Johnston, *British Central Africa*, p. 395; T. H. Parke, *Experiences in Equatorial Africa*, p. 409; E. H. Man, *Journal of the Anthropological Institute*, 1889, p. 391; Brough Smyth, *Aborigines of Victoria*, vol. i, p. 7; d'Orbigny, *L'Homme Américain*, vol. i, p. 87, etc.

² B. Adachi "Geruch der Europäer," *Globus*, 1903, No. 1.

uncommon that "armpit stink" is a disqualification for the army. It is certainly true that the white races smell less strongly than most of the dark races, odor seeming to be correlated to some extent with intensity of pigmentation, as well as with hairiness; but even the most scrupulously clean Europeans all smell. This fact may not always be obvious to human nostrils, apart from intimate contact, but it is well known to dogs, to whom their masters are recognizable by smell. When Huc traveled in Tibet in Chinese disguise he was not detected by the natives, but the dogs recognized him as a foreigner by his smell and barked at him. Many Chinese can tell by smell when a European has been in a room.¹ There are, however, some Europeans who can recognize and distinguish their friends by smell. The case has been recorded of a man who with bandaged eyes could recognize his acquaintances, at the distance of several paces, the moment they entered the room. In another case a deaf and blind mute woman in Massachusetts knew all her acquaintances by smell, and could sort linen after it came from the wash by the odor alone. Governesses have been known to be able when blindfolded to recognize the ownership of their pupil's garments by smell; such a case is known to me. Such odor is usually described as being agreeable, but not one person in fifty, it is stated, is able to distinguish it with sufficient precision to use it as a method of recognition. Among some races, however this aptitude would appear to be better developed. Dr. C. S. Myers at Sarawak noted that his Malay boy sorted the clean linen according to the skin-odor of the wearer.² Chinese servants are said to do the same, as well as Australians and natives of Luzon.³

Although the distinctively individual odor of most persons is not sufficiently marked to be generally perceptible, there are cases in which

¹ Hagen quotes testimonies on this point, *Sexuelle Osmresologie*, p. 173. The negro, Castellani states, considers that Europeans have a smell of death.

² *Reports of the Cambridge Anthropological Expedition*, vol. ii, p. 181.

³ Waitz, *Introduction to Anthropology*, p. 103.

it is more distinct to all nostrils. The most famous case of this kind is that of Alexander the Great, who, according to Plutarch, exhaled so sweet an odor that his tunics were soaked with aromatic perfume (*Convivialium Disputationum*, lib. I, quest. 6). Malherbe, Cujas, and Haller are said to have diffused a musky odor. The agreeable odor of Walt Whitman has been remarked by Kennedy and others. The perfume exhaled by many holy men and women, so often noted by ancient writers (discussed by Görres in the second volume of his *Christliche Mystik*) and which has entered into current phraseology as a merely metaphorical "odor of sanctity," was doubtless due, as Hammond first pointed out, to abnormal nervous conditions, for it is well known that such conditions affect the odor, and in insanity, for instance, the presence is noted of bodily odors which have sometimes even been considered of diagnostic importance. J. B. Friedreich, *Allgemeine Diagnostik der Psychischen Krankheiten*, second edition, 1832, pp. 9-10, quotes passages from various authors on this point, which he accepts; various writers of more recent date have made similar observations.

The odor of sanctity was specially noted at death, and was doubtless confused with the *odor mortis*, which frequently precedes death and by some is regarded as an almost certain indication of its approach. In the *British Medical Journal*, for May and June, 1898, will be found letters from several correspondents substantiating this point. One of these correspondents (Dr. Tuckey, of Tywardreath, Cornwall) mentions that he has in Cornwall often seen ravens flying over houses in which persons lay dying, evidently attracted by a characteristic odor.

It must be borne in mind, however, that, while every person has, to a sensitive nose, a distinguishing odor, we must regard that odor either as but one of the various sensations given off by the body, or else as a combination of two or more of these emanations. The body in reality gives off a number of different odors. The most important of these are: (1) the general skin odor, a faint, but agreeable, fragrance often to be detected on the skin even immediately after washing; (2) the smell of the hair and scalp; (3) the odor of the breath; (4) the odor of the armpit; (5) the odor of the feet; (6) the perineal odor; (7) in men the odor of the preputial smegma; (8) in women the odor of the mons veneris, that of vulvar smegma, that of vaginal mucus, and the menstrual odor. All these are odors which may usually be detected, though sometimes only in a very faint degree, in healthy and well-washed

persons under normal conditions. It is unnecessary here to take into account the special odors of various secretions and excretions.¹

It is a significant fact, both as regards the ancestral sexual connections of the body odors and their actual sexual associations to-day, that, as Hippocrates long ago noted, it is not until puberty that they assume their adult characteristics. The infant, the adult, the aged person, each has his own kind of smell, and, as Monin remarks, it might be possible, within certain limits, to discover the age of a person by his odor. Jorg in 1832 pointed out that in girls the appearance of a specific smell of the excreta indicates the establishment of puberty, and Kaan, in his *Psychopathia Sexualis*, remarked that at puberty "the sweat gives out a more acrid odor resembling musk." In both sexes puberty, adolescence, early manhood and womanhood are marked by a gradual development of the adult odor of skin and excreta, in general harmony with the secondary sexual development of hair and pigment. Venturi, indeed, has, not without reason, described the odor of the body as a secondary sexual character.² It may be added that, as is the case with the pigment in various parts of the body in women, some of these odors tend to become exaggerated in sympathy with sexual and other emotional states.

The odor of the infant is said to be of butyric acid; that of old people to resemble dry leaves. Continent young men have been said by many ancient writers to smell more strongly than the unchaste, and some writers have described as "seminal odor"—an odor resembling that of animals in heat, faintly recalling that of the he-goat, according to Venturi—the exhalations of the skin at such times.

During sexual excitement, as women can testify, a man very frequently, if not normally, gives out an odor which, as usually described, proceeds from the skin, the breath, or both. Grimaldi states that it is as of rancid butter; others say it resembles chloroform. It is said to be sometimes perceptible for a distance of several feet and to last for several hours after coitus. (Various quotations are given by Gould

¹ Monin, *Les Odeurs du Corps Humain*, second edition, Paris, 1886, discusses briefly but comprehensively the normal and more especially the pathological odors of the body and of its secretions and excretions.

² Venturi, *Degenerazione Psicho-sessuale*, p. 417.

and Pyle, *Anomalies and Curiosities of Medicine*, section on "Human Odors," pp. 397-403.) St. Philip Neri is said to have been able to recognize a chaste man by smell.

During menstruation girls and young women frequently give off an odor which is quite distinct from that of the menstrual fluid, and is specially marked in the breath, which may smell of chloroform or violets. Pouchet (confirmed by Raciborski, *Traité de la Menstruation*, 1868, p. 74) stated that about a day before the onset of menstruation a characteristic smell is exuded. Menstruating girls are also said sometimes to give off a smell of leather. Aubert, of Lyons (as quoted by Galopin), describes the odor of the skin of a woman during menstruation as an agreeable aromatic or acidulous perfume of chloroform character. By some this is described as emanating especially from the armpits. Sandras (quoted by Raciborski) knew a lady who could always tell by a sensation of faintness and *malaise*—apparently due to a sensation of smell—when she was in contact with a menstruating woman. I am acquainted with a man, having strong olfactory sympathies and antipathies, who detects the presence of menstruation by smell. It is said that Hortense Baré, who accompanied her lover, the botanist Commerson, to the Pacific disguised as a man, was recognized by the natives as a woman by means of smell.

Women, like men, frequently give out an odor during coitus or strong sexual excitement. This odor may be entirely different from that normally emanating from the woman, of an acid or hircine character, and sufficiently strong to remain in a room for a considerable period. Many of the ancient medical writers (as quoted by Schurigius, *Parthenologia*, p. 286) described the goatly smell produced by venery, especially in women; they regarded it as specially marked in harlots and in the newly married, and sometimes even considered it a certain sign of defloration. The case has been recorded of a woman who emitted a rose odor for two days after coitus (McBride, quoted by Kiernan in an interesting summary, "Odor in Pathology," *Doctor's Magazine*, December, 1900). There was, it is said (*Journal des Savans* 1684, p. 39, quoting from the *Journal d'Angleterre*) a monk in Prague who could recognize by smell the chastity of the women who approached him. (This monk, it is added, when he died, was composing a new science of odors.)

Gustav Klein (as quoted by Adler, *Die Mangelhafte Geschlechtsempfindungen des Weibes*, p. 25) argues that the special function of the glands at the vulvar orifice—the *glandulæ vestibulares majores*—is to give out an odorous secretion to act as an attraction to the male, this relic of sexual periodicity no longer, however, playing an important part in the human species. The vulvar secretion, however, it may be added, still has a more aromatic odor than the vaginal secretion, with its simple mucous odor, very clearly perceived during parturition.

It may be added that we still know extremely little concerning the sexual odors of women among primitive peoples. Ploss and Bartels are only able to bring forward (*Das Weib*, 1901, bd. 1, p. 218) a statement concerning the women of New Caledonia, who, according to Moncelon, when young and ardent, give out during coitus a powerful odor which no ablution will remove. In abnormal states of sexual excitement such odor may be persistent, and, according to an ancient observation, a nymphomaniac, whose periods of sexual excitement lasted all through the spring-time, at these periods always emitted a goatlike odor. It has been said (G. Tourdes, art. "Aphrodisie," *Dictionnaire Encyclopédique des Sciences Médicales*) that the erotic temperament is characterized by a special odor.

If the body odors tend to develop at puberty, to be maintained during sexual life, especially in sympathy with conditions of sexual disturbance, and to become diminished in old age, being thus a kind of secondary sexual character, we should expect them to be less marked in those cases in which the primary sexual characters are less marked. It is possible that this is actually the case. Hagen, in his *Sexuelle Osphrésiologie*, quotes from Roubaud's *Traité de l'Impuissance* the statement that the body odor of the castrated differs from that of normal individuals. Burdach had previously stated that the odor of the eunuch is less marked than that of the normal man.

It is thus possible that defective sexual development tends to be associated with corresponding olfactory defect. Heschl¹ has reported a case in which absence of both olfactory nerves coincided with defective development of the sexual organs. Féré remarks that the impotent show a repugnance for sexual odors. Dr. Kiernan informs me that in women after oöphorectomy he has noted a tendency to diminished (and occasionally increased) sense of smell. These questions, however, await more careful and extended observation.

A very significant transition from the phenomena of personal odor to those of sexual attraction by personal odor is to be found in the fact that among the peoples inhabiting a large part of the world's surface the ordinary salutation between friends is by mutual smelling of the person. In some form or

¹ Quoted by Féré, *L'Instinct Sexuel*, 1902, p. 133.

another the method of salutation by applying the nose to the nose, face, or hand of a friend in greeting is found throughout a large part of the Pacific, among the Papuans, the Eskimo, the hill tribes of India, in Africa, and elsewhere.¹ Thus, among a certain hill tribe in India, according to Lewin, they smell a friend's cheek: "in their language, they do not say, 'Give me a kiss,' but they say 'Smell me.'" And on the Gambia, according to F. Moore, "When the men salute the women, they, instead of shaking their hands, put it up to their noses, and smell twice to the back of it." Here we have very clearly a recognition of the emotional value of personal odor widely prevailing throughout the world. The salutation on an olfactory basis may, indeed, be said to be more general than the salutation on a tactile basis on which European handshaking rests, each form involving one of the two most intimate and emotional senses. The kiss may be said to be a development proceeding both from the olfactory and the tactile bases, with perhaps some other elements as well, and is too complex to be regarded as a phenomenon of either purely tactile or purely olfactory origin.²

As the sole factor in sexual selection olfaction must be rare. It is said that Asiatic princes have sometimes caused a number of the ladies to race in the seraglio garden until they were heated; their garments have then been brought to the prince, who has selected one of them solely by the odor.³ There was here a sexual selection mainly by odor. Any exclusive efficacy of the olfactory sense is rare, not so much because the impressions of this sense are inoperative, but because agreeable personal odors are not sufficiently powerful, and the olfactory organ is too obtuse, to enable smell to take precedence of sight. Nevertheless, in many people, it is probable that certain odors, especially those that are correlated with a healthy and sexually desirable person, tend to be agreeable; they are fortified by

¹ H. Ling Roth, "On Salutations," *Journal of the Anthropological Institute*, November, 1889.

² See Appendix A: "The Origins of the Kiss."

³ See, e.g., passage quoted by I. Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil II, p. 205.

their association with the loved person, sometimes to an irresistible degree; and their potency is doubtless increased by the fact, to which reference has already been made, that many odors, including some bodily odors, are nervous stimulants.

It is possible that the sexual associations of odors have been still further fortified by a tendency to correlation between a high development of the olfactory organ and a high development of the sexual apparatus. An association between a large nose and a large male organ is a very ancient observation and has been verified occasionally in recent times. There is normally at puberty a great increase in the septum of the nose, and it is quite conceivable, in view of the sympathy, which, as we shall see, certainly exists between the olfactory and sexual region, that the two regions may develop together under a common influence.

The Romans firmly believed in the connection between a large nose and a large penis. "Noseitur e naso quanta sit hasta viro," stated Ovid. This belief continued to prevail, especially in Italy, through the middle ages; the physiognomists made much of it, and licentious women (like Joanna of Naples) were, it appears, accustomed to bear it in mind, although disappointment is recorded often to have followed. (See *e.g.*, the quotations and references given by J. N. Mackenzie, "Physiological and Pathological Relations between the Nose and the Sexual Apparatus in Man." *Johns Hopkins Hospital Bulletin*, No. 82, January, 1898; also Hagen, *Sexuelle Oosphresologie*, pp. 15-19.) A similar belief as to the association between the sexual impulsé in women and a long nose was evidently common in England in the sixteenth century, for in Massinger's *Emperor of the East* (Act II, Scene I) we read,

"Her nose, which by its length assures me
Of storms at midnight if I fail to pay her
The tribute she expects."

At the present day, a proverb of the Venetian people still embodies the belief in the connection between a large nose and a large sexual member.

The probability that such an association tends in many cases to prevail is indicated not only by the beliefs of antiquity, when more careful attention was paid to these matters, but by the testimony of various modern observers, although it does not appear that any series of exact observations have yet been made.

It may be noted that Marro, in his careful anthropological study of criminals (*I Caratteri dei Delinquenti*), found no class of criminals with so large a proportion alike of anomalies of the nose and anomalies of the genital organs as sexual offenders.

However this may be, it is less doubtful that there is a very intimate relation both in men and women between the olfactory mucous membrane of the nose and the whole genital apparatus, that they frequently show a sympathetic action, that influences acting on the genital sphere will affect the nose, and occasionally, it is probable, influences acting on the nose reflexly affect the genital sphere. To discuss these relationships would here be out of place, since specialists are not altogether in agreement concerning the matter. A few are inclined to regard the association as extremely intimate, so that each region is sensitive even to slight stimuli applied to the other region, while, on the other hand, many authorities ignore altogether the question of the relationship. It would appear, however, that there really is, in a considerable number of people at all events, a reflex connection of this kind. It has especially been noted that in many cases congestion of the nose precedes menstruation.

Bleeding of the nose is specially apt to occur at puberty and during adolescence, while in women it may take the place of menstruation and is sometimes more apt to occur at the menstrual periods; disorders of the nose have also been found to be aggravated at these periods. It has even been possible to control bleeding of the nose, both in men and women, by applying ice to the sexual regions. In both men and women, again, cases have been recorded in which sexual excitement, whether of coitus or masturbation, has been followed by bleeding of the nose. In numerous cases it is followed by slight congestive conditions of the nasal passages and especially by sneezing. Various authors have referred to this phenomenon; I am acquainted with a lady in whom it is fairly constant.¹

¹ It must at the same time be remembered that the more or less degree of exposure involved by sexual intercourse is itself a cause of nasal congestion and sneezing.

Féré records the case of a lady, a nervous subject, who began to experience intense spontaneous sexual excitement shortly after marriage, accompanied by much secretion from the nose.¹ J. N. Mackenzie is acquainted with a number of such cases, and he considers that the popular expression "bride's cold" indicates that this effect of strong sexual excitement is widely recognized.

The late Professor Hack, of Freiburg, in 1884, called general medical attention to the intimate connection between the nose and states of nervous hyperexcitability in various parts of the body, although such a connection had been recognized for many centuries in medical literature. While Hack and his disciples thus gave prominence to this association, they undoubtedly greatly exaggerated its importance and significance. (Sir Felix Semon, *British Medical Journal*, November 9, 1901.) Even many workers who have more recently further added to our knowledge have also, as sometimes happens with enthusiasts, unduly strained their own data. Starting from the fact that in women during menstruation examination of the nose reveals a degree of congestion not found during the rest of the month, Fliess (*Die Beziehungen zwischen Nase und Weiblichen Geschlechtsorganen*, 1897), with the help of a number of elaborate and prolonged observations, has reached conclusions which, while they seem to be hazardous at some points, have certainly contributed to build up our knowledge of this obscure subject. Schiff (*Wiener klinische Wochenschrift*, 1900, p. 58, summarized in *British Medical Journal*, February 16, 1901), starting from a skeptical standpoint, has confirmed some of Fliess's results, and in a large number of cases controlled painful menstruation by painting with cocaine the so-called "genital spots" in the nose, all possibility of suggestion being avoided. Ries, of Chicago, has been similarly successful with the method of Fliess (*American Gynecology*, vol. iii, No. 4, 1903). Benedikt (*Wiener medicinische Wochenschrift*, No. 8, 1901, summarized in *Journal of Medical Science*, October, 1901), while pointing out that the nose is not the only organ in sympathetic relation with the sexual sphere, suggests that the mechanism of the relationship is involved in the larger problem of the harmony in growth and in nutrition of the different parts of the organism. In this way, probably, we may attach considerable significance to the existence of a kind of erectile tissue in the nose.

An interesting example of a reflex influence from the nose affecting the genital sphere has been brought forward by Dr. E. S. Talbot,

¹ Féré, *Pathologie des Emotions*, p. 81

of Chicago: "A 56-year-old man was operated on (September 1, 1903) for the removal of the left cartilage of the septum of the nose owing to a previous traumatic fracture at the sixteenth year. No pain was experienced until two years ago, when a continual soreness occurred at the apical end of the fracture during the winter months. The operation was decided upon fearing more serious complications. The parts were cocaineized. No pain was experienced in the operation except at one point at the lower posterior portion near the floor of the nose. A profound shock to the general system followed. The reflex influence of the pain upon the genital organs caused semen to flow continually for three weeks. Treatment of general motor irritability with camphor monobromate and conium, on consultation with Dr. Kiernan, checked the flow. The discharge produced spinal neurasthenia. The legs and feet felt heavy. Erythromelalgia caused uneasiness. The patient walked with difficulty. The tired feeling in the feet and limbs was quite noticeable four months after the operation, although the pain had, to a great extent diminished." (Chicago Academy of Medicine, January, 1904, and private letter.)

J. N. Mackenzie has brought together a great many original observations, together with interesting quotations from old medical literature, in his two papers: "The Pathological Nasal Reflex" (*New York Medical Journal*, August 20, 1887) and "The Physiological and Pathological Relations between the Nose and the Sexual Apparatus of Man" (*Johns Hopkins Hospital Bulletin*, January 1, 1898). A number of cases have also been brought together from the literature by G. Endriss in his Inaugural Dissertation, *Die bisherigen Beobachtungen von Physiologischen und Pathologischen Beziehungen der oberen Luftwege zu den Sexualorganen*, Teil. II, Würzburg, 1892.

The intimate association between the sexual centers and the olfactory tract is well illustrated by the fact that this primitive and ancient association tends to come to the surface in insanity. It is recognized by many alienists that insanity of a sexual character is specially liable to be associated with hallucinations of smell.

Many eminent alienists in various countries are very decidedly of the opinion that there is a special tendency to the association of olfactory hallucinations with sexual manifestations, and, although one or two authorities have expressed doubt on the matter, the available evidence clearly indicates such an association. Hallucinations of smell are comparatively rare as compared to hallucinations of sight and hearing; they are commoner in women than in men and they not in

frequently occur at periods of sexual disturbance, at adolescence, in puerperal fever, at the change of life, in women with ovarian troubles, and in old people troubled with sexual desires or remorse for such desires. They have often been noted as specially frequent in cases of excessive masturbation.

Krafft-Ebing, who found olfactory hallucinations common in various sexual states, considers that they are directly dependent on sexual excitement (*Allgemeine Zeitschrift für Psychiatrie*, bd. 34, ht. 4, 1877). Conolly Norman believes in a distinct and frequent association between olfactory hallucinations and sexual disturbance (*Journal of Mental Science*, July, 1899, p. 532). Savage is also impressed by the close association between sexual disturbance or changes in the reproductive organs and hallucinations of smell as well as of touch. He has found that persistent hallucinations of smell disappeared when a diseased ovary was removed, although the patient remained insane. He considers that such hallucinations of smell are allied to reversions. (G. H. Savage, "Smell, Hallucinations of," Tuke's *Dictionary of Psychological Medicine*; cf. the same author's manual of *Insanity and Allied Neuroses*.) Matusch, while not finding olfactory hallucinations common at the climacteric, states that when they are present they are connected with uterine trouble and sexual craving. He finds them more common in young women. (Matusch, *Der Einfluss des Climacterium auf Entstehung und Form der Geistesstörung*, *Allgemeine Zeitschrift für Psychiatrie*, vol. xlv, ht. 4). Féré has related a significant case of a young man in whom hallucinations of smell accompanied the sexual orgasm; he subsequently developed epilepsy, to which the hallucination then constituted the aura (*Comptes Rendus de la Société de Biologie*, December, 1896). The prevalence of a sexual element in olfactory hallucinations has been investigated by Bullen, who examined into 95 cases of hallucinations of smell among the patients in several asylums. (In a few cases there were reasons for believing that peripheral conditions existed which would render these hallucinations more strictly illusions.) Of these, 64 were women. Sixteen of the women were climacteric cases, and 3 of them had sexual hallucinations or delusions. Fourteen other women (chiefly cases of chronic delusional insanity) had sexual delusions. Altogether, 31 men and women had sexual delusions. This is a large proportion. Bullen is not, however, inclined to admit any direct connection between the reproductive system and the sense of smell. He finds that other hallucinations are very frequently associated with the olfactory hallucinations, and considers that the co-existence of olfactory and sexual troubles simply indicates a very deep and widespread nervous disturbance. (F. St. John Bullen, "Olfactory Hallucinations in the Insane," *Journal of Mental Science*, July, 1899.) In order to elucidate the matter fully we require further precise inquiries on the lines Bullen has laid down.

It may be of interest to note, in this connection, that smell and taste hallucinations appear to be specially frequent in forms of religious insanity. Thus, Dr. Zurcher, in her inaugural dissertation on Joan of Arc (*Jeanne d'Arc*, Leipzig, 1895, p. 72), estimates that on the average in such insanity nearly 50 per cent. of the hallucinations affect smell and taste; she refers also to the olfactory hallucinations of great religious leaders, Francis of Assisi, Katherina Emmerich, Lazzaretti, and the Anabaptists.

It may well be, as Zwaardemaker has suggested in his *Physiologie des Geruchs*, that the nasal congestion at menstruation and similar phenomena are connected with that association of smell and sexuality which is observable throughout the whole animal world, and that the congestion brings about a temporary increase of olfactory sensitiveness during the stage of sexual excitation.¹ Careful investigation of olfactory acuteness would reveal the existence of such menstrual heightening of its acuity.

In a few exceptional, but still quite healthy people, smell would appear to possess an emotional predominance which it cannot be said to possess in the average person. These exceptional people are of what Binet in his study of sexual fetichism calls olfactive type; such persons form a group which, though of smaller size and less importance, is fairly comparable to the well-known groups of visual type, of auditory type, and of psychomotor type. Such people would be more attentive to odors, more moved by olfactory sympathies and antipathies, than are ordinary people. For these, it may well be, the supremacy accorded to olfactory influences in Jäger's *Entdeckung der Seele*, though extravagantly incorrect for ordinary persons, may appear quite reasonable.

It is certain also that a great many neurasthenic people, and particularly those who are sexually neurasthenic, are peculiarly susceptible to olfactory influences. A number of eminent

¹ J. N. Mackenzie similarly suggests (*Johns Hopkins Hospital Bulletin*, No. 82, 1898) that "irritation and congestion of the nasal mucous membrane precede, or are the excitants of, the olfactory impression that forms the connecting link between the sense of smell and erethism of the reproductive organs exhibited in the lower animals."

poets and novelists—especially, it would appear, in France—seem to be in this case. Baudelaire, of all great poets, has most persistently and most elaborately emphasized the imaginative and emotional significance of odor; the *Fleurs du Mal* and many of the *Petits Poèmes en Prose* are, from this point of view, of great interest. There can be no doubt that in Baudelaire's own imaginative and emotional life the sense of smell played a highly important part; and that, in his own words, odor was to him what music is to others. Throughout Zola's novels—and perhaps more especially in *La Faute de l'Abbé Mouret*—there is an extreme insistence on odors of every kind. Prof. Leopold Bernard wrote an elaborate study of this aspect of Zola's work¹; he believed that underlying Zola's interest in odors there was an abnormally keen olfactory sensibility and large development of the olfactory region of the brain. Such a supposition is, however, unnecessary, and, as a matter of fact, a careful examination of Zola's olfactory sensibility, conducted by M. Passy, showed that it was somewhat below normal.² At the same time it was shown that Zola was really a person of olfactory psychic type, with a special attention to odors and a special memory for them; as is frequently the case with perfumers with less than normal olfactory acuity he possessed a more than normal power of discriminating odors; it is possible that in early life his olfactory acuity may also have been above normal. In the same way Nietzsche, in his writings, shows a marked sensibility, and especially antipathy, as regards odors, which has by some been regarded as an index to a real physical sensibility of abnormal keenness; according to Möbius, however, there was no reason for supposing this to be the case.³ Huysmans, who throughout his books reveals a very intense pre-occupation with the exact shades of many kinds of sensory impressions, and an apparently abnormally keen sensibility to them, has shown a great interest in odors, more especially in an oft-quoted passage in *A Rebours*. The blind Milton of "Para-

¹ *Les Odeurs dans les Romans de Zola*, Montpellier, 1889.

² Toulouse, *Emile Zola*, pp. 163-165, 173-175.

³ P. J. Möbius, *Das Pathologische bei Nietzsche*.

dise Lost" (as the late Mr. Grant Allen once remarked to me), dwells much on scents; in this case it is doubtless to the blindness and not to any special organic predisposition that we must attribute this direction of sensory attention.¹ Among our older English poets, also, Herrick displays a special interest in odors with a definite realization of their sexual attractiveness.² Shelley, who was alive to so many of the unusual æsthetic aspects of things, often shows an enthusiastic delight in odors, more especially those of flowers. It may, indeed, be said that most poets—though to a less degree than those I have mentioned—devote a special attention to odors, and, since it has been possible to describe smell as the sense of imagination, this need not surprise us. That Shakespeare, for instance, ranked this sense very high indeed is shown by various passages in his works and notably by Sonnet LIV: "O, how much more doth beauty beauteous seem?"—in which he implicitly places the attraction of odor on at least as high a level as that of vision.³

A neurasthenic sensitiveness to odors, specially sexual odors, is frequently accompanied by lack of sexual vigor. In this way we may account for the numerous cases in which old men in whom sexual desire survives the loss of virile powers—probably somewhat abnormal persons at the outset—find satisfaction in sexual odors. Here, also, we have the basis for olfactory fetichism. In such fetichism the odor of the woman alone, whoever she may be and however unattractive she may be, suffices to furnish complete sexual satisfaction. In many, although not all, of those cases in which articles of women's

¹ Moll has a passage on the sense of smell in the blind, more especially in sexual respects, *Untersuchungen über die Libido Sexualis*, bd. I, pp. 137 et seq.

² See, for instance, his poem, "Love Perfumes all Parts," in which he declares that "Hands and thighs and legs are all richly aromatic." And compare the lyrics entitled "A Song to the Maskers," "On Julia's Breath," "Upon Julia's Unlacing Herself," "Upon Julia's Sweat," and "To Mistress Anne Soame."

³ There are various indications that Goethe was attentive to the attraction of personal odors; and that he experienced this attraction himself is shown by the fact that, as he confessed, when he once had to leave Weimar on an official journey for two days he took a bodice of Frau von Stein's away in order to carry the scent of her body with him.

clothing become the object of fetichistic attraction, there is certainly an olfactory element due to the personal odor attaching to the garments.¹

Olfactory influences play a certain part in various sexually abnormal tendencies and practices which do not proceed from an exclusively olfactory fascination. Thus, *cunnilingus* and *fellatio* derive part of their attraction, more especially in some individuals, from a predilection for the odors of the sexual parts. (See, e.g., Moll, *Untersuchungen über die Libido Sexualis*, bd. 1, p. 134.) In many cases smell plays no part in the attraction; "I enjoy *cunnilingus*, if I like the girl very much," a correspondent writes, "*in spite of the smell.*" We may associate this impulse with the prevalence of these practices among sexual inverts, in whom olfactory attractions are often specially marked. Those individuals, also, who are sexually affected by the urinary and alvine excretions ("*renifleurs*," "*stercoraires*," etc.) are largely, though not necessarily altogether, moved by olfactory impressions. The attraction was, however, exclusively olfactory in the case of the young woman recorded by Moraglia (*Archivio di Psichiatria*, 1892, p. 267), who was irresistibly excited by the odor of the fermented urine of men, and possibly also in the case narrated to Moraglia by Prof. L. Bianchi (*ib.* p. 568), in which a wife required flatus from her husband.

The sexual pleasure derived from partial strangulation (discussed in the study of "Love and Pain" in a previous volume) may be associated with heightened olfactory sexual excitation. Dr. Kiernan, who points this out to me, has investigated a few neuropathic patients who like to have their necks squeezed, as they express it, and finds that in the majority the olfactory sensibility is thus intensified.

Even in ordinary normal persons, however, there can be no doubt that personal odor tends to play a not inconsiderable part in sexual attractions and sexual repulsions. As a sexual excitant, indeed, it comes far behind the stimuli received through the sense of sight. The comparative bluntness of the sense of smell in man makes it difficult for olfactory influence to be felt, as a rule, until the preliminaries of courtship are already over; so that it is impossible for smell ever to possess the same significance in sexual attraction in man that it pos-

¹Hagen has brought together from the literature of the subject a number of typical cases of olfactory fetichism, *Sexuelle Osmphresilogie*, 1901, pp. 82 *et seq.*

sesses in the lower animals. With that reservation there can be no doubt that odor has a certain favorable or unfavorable influence in sexual relationships in all human races from the lowest to the highest. The Polynesian spoke with contempt of those women of European race who "have no smell," and in view of the pronounced personal odor of so many savage peoples as well as of the careful attention which they so often pay to odors, we may certainly assume, even in the absence of much definite evidence, that smell counts for much in their sexual relationships. This is confirmed by such practices as that found among some primitive peoples—as, it is stated, in the Philippines—of lovers exchanging their garments to have the smell of the loved one about them. In the barbaric stages of society this element becomes self-conscious and is clearly avowed; personal odors are constantly described with complacency, sometimes as mingled with the lavish use of artificial perfumes, in much of the erotic literature produced in the highest stages of barbarism, especially by Eastern peoples living in hot climates; it is only necessary to refer to the *Song of Songs*, the *Arabian Nights*, and the Indian treatises on love. Even in some parts of Europe the same influence is recognized in the crudest animal form, and Krauss states that among the Southern Slavs it is sometimes customary to leave the sexual parts unwashed because a strong odor of these parts is regarded as a sexual stimulant. Under the usual conditions of life in Europe personal odor has sunk into the background; this has been so equally under the conditions of classic, mediæval, and modern life. Personal odor has been generally regarded as unæsthetic; it has, for the most part, only been mentioned to be reprobated, and even those poets and others who during recent centuries have shown a sensitive delight and interest in odors—Herrick, Shelley, Baudelaire, Zola, and Huysmans—have seldom ventured to insist that a purely natural and personal odor can be agreeable. The fact that it may be so, and that for most people such odors cannot be a matter of indifference in the most intimate of all relationships, is usually only to be learned casually and incidentally. There can be no doubt,

however, that, as Kiernan points out, the extent to which olfaction influences the sexual sphere in civilized man has been much underestimated. We need not, therefore, be surprised at the greater interest which has recently been taken in this subject. As usually happens, indeed, there has been in some writers a tendency to run to the opposite extreme, and we cannot, with Gustav Jäger, regard the sexual instinct as mainly or altogether an olfactory matter.

Of the Padmini, the perfect woman, the "lotus woman," Hindu writers say that "her sweat has the odor of musk," while the vulgar woman, they say, smells of fish (*Kama Sutra of Vatsyayana*). Ploss and Bartels (*Das Weib*, 1901, p. 218) bring forward a passage from the Tamil *Kokkôgam*, minutely describing various kinds of sexual odor in women, which they regard as resting on sound observation.

Four things in a woman, says the Arab, should be perfumed: the mouth, the armpits, the pudenda, and the nose. The Persian poets, in describing the body, delighted to use metaphors involving odor. Not only the hair and the down on the face, but the chin, the mouth, the beauty spots, the neck, all suggested odorous images. The epithets applied to the hair frequently refer to musk, ambergris, and civet. (*Anis el Ochchaq* translated by Huart, *Bibliothèque de l'École des Hautes Etudes*, fasc. 25, 1875.)

The Hebrew *Song of Songs* furnishes a typical example of a very beautiful Eastern love-poem in which the importance of the appeal to the sense of smell is throughout emphasized. There are in this short poem as many as twenty-four fairly definite references to odors,—personal odors, perfumes, and flowers,—while numerous other references to flowers, etc., seem to point to olfactory associations. Both the lover and his sweetheart express pleasure in each other's personal odor.

"My beloved is unto me," she sings, "as a bag of myrrh
That lieth between my breasts;
My beloved is unto me as a cluster of henna flowers
In the vineyard of En-gedi."

And again: "His cheeks are as a bed of spices [or balsam], as banks of sweet herbs." While of her he says: "The smell of thy breath [or nose] is like apples."

Greek and Roman antiquity, which has so largely influenced the traditions of modern Europe, was lavish in the use of perfumes, but showed no sympathy with personal odors. For the Roman satirists, like Martial, a personal odor is nearly always an unpleasant odor,

though there are a few allusions in classic literature recognizing bodily smell as a sexual attraction. Ovid, in his *Ar's Amandi* (Book III), says it is scarcely necessary to remind a lady that she must not keep a goat in her armpits: "*ne trua caper iret in alas.*" "*Mulier tum bene olet ubi nihil olet*" is an ancient dictum, and in the sixteenth century Montaigne still repeated the same saying with complete approval.

A different current of feeling began to appear with the new emotional movement during the eighteenth century. Rousseau called attention to the importance of the olfactory sense, and in his educational work, *Emile* (Bk. II), he referred to the odor of a woman's "*cabinet de toilette*" as not so feeble a snare as is commonly supposed. In the same century Casanova wrote still more emphatically concerning the same point; in the preface to his *Mémoires* he states: "I have always found sweet the odor of the women I have loved"; and elsewhere: "There is something in the air of the bedroom of the woman one loves, something so intimate, so balsamic, such voluptuous emanations, that if a lover had to choose between Heaven and this place of delight his hesitation would not last for a moment" (*Mémoires*, vol. iii). In the previous century, in England, Sir Kenelm Digby, in his interesting and remarkable *Private Memoirs*, when describing a visit to Lady Venetia Stanley, afterward his wife, touches on personal odor as an element of attraction; he had found her asleep in bed and on her breasts "did glisten a few drops of sweatlike diamond sparks, and had a more fragrant odor than the violets or primroses whose season was newly passed."

In 1821 Cadet-Devaux published, in the *Revue Encyclopédique*, a study entitled "De l'atmosphère de la Femme et de sa Puissance," which attracted a great deal of attention in Germany as well as in France; he considered that the exhalations of the feminine body are of the first importance in sexual attraction.

Prof. A. Galopin in 1886 wrote a semiscientific book, *Le Parfum de la Femme*, in which the sexual significance of personal odor is developed to its fullest. He writes with enthusiasm concerning the sweet and health-giving character of the natural perfume of a beloved woman, and the mischief done both to health and love by the use of artificial perfumes. "The purest marriage that can be contracted between a man and a woman," he asserts (p. 157) "is that engendered by olfaction and sanctioned by a common assimilation in the brain of the animated molecules due to the secretion and evaporation of two bodies in contact and sympathy."

In a book written during the first half of the nineteenth century which contains various subtle observations on love we read, with reference to the sweet odor which poets have found in the breath of women: "In reality many women have an intoxicatingly agreeable

breath which plays no small part in the love-compelling atmosphere which they spread around them" (*Wros oder Wörterbuch über die Physiologie*, 1849, Bd. I, p. 45).

Most of the writers on the psychology of love at this period, however, seem to have passed over the olfactory element in sexual attraction, regarding it probably as too unæsthetic. It receives no emphasis either in Sénancour's *De l'Amour* or Stendhal's *De l'Amour* or Michelet's *L'Amour*.

The poets within recent times have frequently referred to odors, personal and other, but the novelists have more rarely done so. Zola and Huysmans, the two novelists who have most elaborately and insistently developed the olfactory side of life, have dwelt more on odors that are repulsive than on those that are agreeable. It is therefore of interest to note that in a few remarkable novels of recent times the attractiveness of personal odor has been emphasized. This is notably so in Tolstoy's *War and Peace*, in which Count Peter suddenly resolves to marry Princess Helena after inhaling her odor at a ball. In d'Annunzio's *Trionfo della Morte* the seductive and consoling odor of the beloved woman's skin is described in several passages; thus, when Giorgio kissed Ippolita's arms and shoulders, we are told, "he perceived the sharp and yet delicate perfume of her, the perfume of the skin that in the hour of joy became intoxicating as that of the tuberose, and a terrible lash to desire."

When we are dealing with the sexual significance of personal odors in man there is at the outset an important difference to be noticed in comparison with the lower mammals. Not only is the significance of odor altogether very much less, but the focus of olfactory attractiveness has been displaced. The centre of olfactory attractiveness is not, as usually among animals, in the sexual region, but is transferred to the upper part of the body. In this respect the sexual olfactory allurement in man resembles what we find in the sphere of vision, for neither the sexual organs of man nor of woman are usually beautiful in the eyes of the opposite sex, and their exhibition is not among us regarded as a necessary stage in courtship. The odor of the body, like its beauty, in so far as it can be regarded as a possible sexual allurement, has in the course of development been transferred to the upper parts. The careful concealment of the sexual region has doubtless favored this transfer. It has thus happened that when personal odor acts

as a sexual allurements it is the armpit, in any case normally the chief focus of odor in the body, which mainly comes into play, together with the skin and the hair.

Aubert, of Lyons, noted that during menstruation the odor of the armpits may become more powerful, and describes it as being at this time an aromatic odor of acidulous or chloroform character. Galopin remarks that, while some women's armpits smell of sheep in rut, others, when exposed to the air, have a fragrance of ambergris or violet. Dark persons (according to Gould and Pyle) are said sometimes to exhale a prussic acid odor, and blondes more frequently musk; Galopin associates the ambergris odor more especially with blondes.

While some European poets have faintly indicated the woman's armpit as a centre of sexual attraction, it is among Eastern poets that we may find the idea more directly and naturally expressed. Thus, in a Chinese drama ("The Transmigration of Yo-Chow," *Mercur de France*, No. 8, 1901) we find a learned young doctor addressing the following poem to his betrothed:—

"When I have climbed to the bushy summit of Mount Chao,
I have still not reached to the level of your odorous armpit.
I must needs mount to the sky
Before the breeze brings to me
The perfume of that embalmed nest!"

This poet seems, however, to have been carried to a pitch of enthusiasm unusual even in China, for his future mother-in-law, after expressing her admiration for the poem, remarks: "But who would have thought one could find so many beautiful things under my daughter's armpit!"

The odor of the armpit is the most powerful in the body, sufficiently powerful to act as a muscular stimulant even in the absence of any direct sexual association. This is indicated by an observation made by Féré, who noticed, when living opposite a laundry, that an old woman who worked near the window would, toward the close of the day, introduce her right hand under the sleeve of the other to the armpit and then hold it to her nose; this she would do about every five minutes. It was evident that the odor acted as a stimulant to her failing energies. Féré has been informed by others who have had occasion to frequent workrooms that this proceeding is by no means uncommon among persons of both sexes. (Féré, *L'Instinct Sexuel*, second edition, p. 135.) I have myself noticed the same gesture very deliberately made in the street by a young English woman of the working class, under circumstances which suggested that it acted as an immediate stimulant in fatigue.

Huysmans—who in his novels has insisted on odors, both those of a personal kind and perfumes, with great precision—has devoted one of the sketches, "Le Gousset," in his *Croquis Parisiens* (1880) to the varying odors of women's armpits. "I have followed this fragrance in the country," he remarks, "behind a group of women gleaners under the bright sun. It was excessive and terrible; it stung your nostrils like an unstoppered bottle of alkali; it seized you, irritating your mucous membrane with a rough odor which had in it something of the relish of wild duck cooked with olives and the sharp odor of the shallot. On the whole, it was not a vile or repugnant emanation; it united, as an anticipated thing, with the formidable odors of the landscape; it was the pure note, completing with the human animals' cry of heat the odorous melody of beasts and woods." He goes on to speak of the perfume of feminine arms in the ball-room. "There the aroma is of ammoniated valerian, of chlorinated urine, brutally accentuated sometimes, even with a slight scent of prussic acid about it, a faint whiff of overripe peaches." These "spice-boxes," however, Huysmans continues, are more seductive when their perfume is filtered through the garments. "The appeal of the balsam of their arms is then less insolent, less cynical, than at the ball where they are more naked, but it more easily uncages the animal in man. Various as the color of the hair, the odor of the armpit is infinitely divisible; its gamut covers the whole keyboard of odors, reaching the obstinate scents of syringa and elder, and sometimes recalling the sweet perfume of the rubbed fingers that have held a cigarette. Audacious and sometimes fatiguing in the brunette and the black woman, sharp and fierce in the red woman, the armpit is heady as some sugared wines in the blondes." It will be noted that this very exact description corresponds at various points with the remarks of more scientific observers.

Sometimes the odor of the armpit may even become a kind of fetish which is craved for its own sake and in itself suffices to give pleasure. Féré has recorded such a case, in a friend of his own, a man of 60, with whom at one time he used to hunt, of robust health and belonging to a healthy family. On these hunting expeditions he used to tease the girls and women he met (sometimes even rather old women) in a surprising manner, when he came upon them walking in the fields with their short-sleeved chemises exposed. When he had succeeded in introducing his hand into the woman's armpit he went away satisfied, and frequently held the hand to his nose with evident pleasure. After long hesitation Féré asked for an explanation, which was frankly given. As a child he had liked the odor, without knowing why. As a young man women with strong odors had stimulated him to extraordinary sexual exploits, and now they were the only women who had any influence on him. He professed to be able to

recognize continence by the odor, as well as the most favorable moment for approaching a woman. Throughout life a cold in the head had always been accompanied by persistent general excitement. (Féré, *L'Instinct Sexuel*, 1902, p. 134.)

We not only have to recognize that in the course of evolution the specific odors of the sexual region have sunk into the background as a source of sexual allurements, we have further to recognize the significant fact that even those personal odors which are chiefly liable under normal circumstances to come occasionally within the conscious sexual sphere, and indeed purely personal odors of all kinds, fail to exert any attraction, but rather tend to cause antipathy, unless some degree of tumescence has already been attained. That is to say, our olfactory experiences of the human body approximate rather to our tactile experiences of it than to our visual experiences. Sight is our most intellectual sense, and we trust ourselves to it with comparative boldness without any undue dread that its messages will hurt us by their personal intimacy; we even court its experiences, for it is the chief organ of our curiosity, as smell is of a dog's. But smell with us has ceased to be a leading channel of intellectual curiosity. Personal odors do not, as vision does, give us information that is very largely intellectual; they make an appeal that is mainly of an intimate, emotional, imaginative character. They thus tend, when we are in our normal condition, to arouse what James calls the antisexual instinct.

"I cannot understand how people do not see how the senses are connected," said Jenny Lind to J. A. Symonds (Horatio Brown, *J. A. Symonds*, vol. i, p. 207). "What I have suffered from my sense of smell! My youth was misery from my acuteness of sensibility."

Mantegazza discusses the strength of olfactory antipathies (*Fisiologia dell' Odio*, p. 101), and mentions that once when ill in Paraguay he was nursed by an Indian girl of 16, who was fresh as a peach and extremely clean, but whose odor—"a mixture of wild beast's lair and decayed onions"—caused nausea and almost made him faint.

Moll (*Untersuchungen über die Libido Sexualis*, bd. i, p. 135) records the case of a neuropathic man who was constantly rendered impotent by his antipathy to personal body odors. It had very fre-

quently happened to him to be attracted by the face and appearance of a girl, but at the last moment potency was inhibited by the perception of personal odor.

In the case of a man of distinguished ability known to me, belonging to a somewhat neuropathic family, there is extreme sensitiveness to the smell of a woman, which is frequently the most obvious thing to him about her. He has seldom known a woman whose natural perfume entirely suits him, and his olfactory impressions have frequently been the immediate cause of a rupture of relationships.

It was formerly discussed whether strong personal odor constituted adequate ground for divorce. Hagen, who brings forward references on this point (*Sexuelle Osmphresiologie*, pp. 75-83), considers that the body odors are normally and naturally repulsive because they are closely associated with the capryl group of odors, which are those of many of the excretions.

Olfactory antipathies are, however, often strictly subordinated to the individual's general emotional attitude toward the object from which they emanate. This is illustrated in the case, known to me, of a man who on a hot day entering a steamboat with a woman to whom he was attached seated himself between her and a man, a stranger. He soon became conscious of an axillary odor which he concluded to come from the man and which he felt as disagreeable. But a little later he realized that it proceeded from his own companion, and with this discovery the odor at once lost its disagreeable character.

In this respect a personal odor resembles a personal touch. Two intimate touches of the hand, though of precisely similar physical quality, may in their emotional effects be separated by an immeasurable interval, in dependence on our attitude toward the person from whom they proceed.

Personal odor, in order to make its allurements felt, and not to arouse antipathy, must, in normal persons, have been preceded by conditions which have inhibited the play of the antisexual instinct. A certain degree of tumescence must already have been attained. It is even possible, when we bear in mind the intimate sympathy between the sexual sphere and the nose, that the olfactory organ needs to have its sensibility modified in a form receptive to sexual messages, though such an assumption is by no means necessary. It is when such a faint preliminary degree of tumescence has been attained, however it may have been attained,—for the methods of tumescence, as we know, are innumerable,—that a sympathetic personal odor

is enabled to make its appeal. If we analyze the cases in which olfactory perceptions have proved potent in love, we shall nearly always find that they have been experienced under circumstances favorable for the occurrence of tumescence. When this is not the case we may reasonably suspect the presence of some degree of perversion.

In the oft-quoted case of the Austrian peasant who found that he was aided in seducing young women by dancing with them and then wiping their faces with a handkerchief he had kept in his armpit, we may doubtless regard the preliminary excitement of the dance as an essential factor in the influence produced.

In the same way, I am acquainted with the case of a lady not usually sensitive to simple body odors (though affected by perfumes and flowers) who on one occasion, when already in a state of sexual erethism, was highly excited when perceiving the odor of her lover's axilla.

The same influence of preliminary excitement may be seen in another instance known to me, that of a gentlemen who when traveling abroad fell in with three charming young ladies during a long railway journey. He was conscious of a pleasurable excitement caused by the prolonged intimacy of the journey, but this only became definitely sexual when the youngest of the ladies, stretching before him to look out of the window and holding on to the rack above, accidentally brought her axilla into close proximity with his face, whereupon erection was caused, although he himself regards personal odors, at all events when emanating from strangers, as indifferent or repulsive.

A medical correspondent, referring to the fact that with many men (indeed women also) sexual excitement occurs after dancing for a considerable time, remarks that he considers the odor of the woman's sweat is here a considerable factor.

The characteristics of olfaction which our investigation has so far revealed have not, on the whole, been favorable to the influence of personal odors as a sexual attraction in civilized men. It is a primitive sense which had its flowering time before men arose; it is a comparatively unæsthetic sense; it is a somewhat obtuse sense which among Europeans is usually incapable of perceiving the odor of the "human flower"—to use Goethe's phrase—except on very close contact, and on this account, and on account of the fact that it is a predominantly

emotional sense, personal odors in ordinary social intercourse are less likely to arouse the sexual instinct than the antisexual instinct. If a certain degree of tumescence is required before a personal odor can exert an attractive influence, a powerful personal odor, strong enough to be perceived before any degree of tumescence is attained, will tend to cause repulsion, and in so doing tend, consciously or unconsciously, to excite prejudice against personal odor altogether. This is actually the case in civilization, and most people, it would appear, view with more or less antipathy the personal odors of those persons to whom they are not sexually attracted, while their attitude is neutral in this respect toward the individuals to whom they are sexually attracted.¹ The following statement by a correspondent seems to me to express the experience of the majority of men in this respect: "I do not notice that different people have different smells. Certain women I have known have been in the habit of using particular scents, but no associations could be aroused if I were to smell the same scent now, for I should not identify it. As a boy I was very fond of scent, and I associate this with my marked sexual proclivities. I like a woman to use a little scent. It rouses my sexual feelings, but not to any large extent. I dislike the smell of a woman's vagina." While the last statement seems to express the feeling of many if not most men, it may be proper to add that there seems no natural reason why the vulvar odor of a clean and healthy woman should be other than agreeable to a normal man who is her lover.

In literature it is the natural odor of women rather than men which receives attention. We should expect this to be the case since literature is chiefly produced by men. The question as to whether men or women are really more apt to be sexually influenced in this way cannot thus be decided. Among animals, it seems probable, both sexes are alike influenced by odors, for, while it is usually the male whose sexual regions

¹ Moll's inquiries among normal persons have also shown that few people are conscious of odor as a sexual attraction. (*Untersuchungen über die Libido Sexualis*. Bd. 1, p. 133.)

are furnished with special scent glands, when such occur, the peculiar odor of the female during the sexual season is certainly not less efficacious as an allurement to the male. If we compare the general susceptibility of men and women to agreeable odors, apart from the question of sexual allurement, there can be little doubt that it is most marked among women. As Groos points out, even among children little girls are more interested in scents than boys, and the investigations of various workers, especially Garbini, have shown that there is actually a greater power of discriminating odors among girls than among boys. Marro has gone further, and in an extended series of observations on girls before and after the establishment of puberty—which is of considerable interest from the point of view of the sexual significance of olfaction—he has shown reason to believe that girls acquire an increased susceptibility to odors when sexual life begins, although they show no such increased powers as regards the other senses.¹ On the whole, it would appear that, while women are not apt to be seriously affected, in the absence of any preliminary excitation, by crude body odors, they are by no means insusceptible to the sexual influence of olfactory impressions. It is probable, indeed, that they are more affected, and more frequently affected, in this way, than are men.

Edouard de Goncourt, in his novel *Chérie*—the intimate history of a young girl, founded, he states, on much personal observation—describes (Chapter LXXXV) the delight with which sensuous, but chaste young girls often take in strong perfumes. "Perfume and love," he remarks, "impart delights which are closely allied." In an earlier chapter (XLIV) he writes of his heroine at the age of 15: "The intimately happy emotion which the young girl experienced in reading *Paul et Virginie* and other honestly amorous books she sought to make more complete and intense and penetrating by soaking the book with scent, and the love-story reached her senses and imagination through pages moist with liquid perfume."

¹ Marro, *La Puberté*, 1898, Chapter II. Tardif found in boys that perfumes exerted little or no influence on circulation and respiration before puberty, though his observations on this point were too few to carry weight.

Garbini (*Archivio per l'Antropologia*, 1896, fasc. 3) in a very thorough investigation of a large number of children, found that the earliest osmo-gustative sensations occurred in the fourth week in girls, the fifth week in boys; the first real and definite olfactory sensations appeared in the fifteenth month in girls, in the sixteenth in boys; while experiments on several hundred children between the ages of 3 and 6 years showed the girls slightly, but distinctly, superior to the boys. It may, of course, be argued that these results merely show a somewhat greater precocity of girls. I have summarized the main investigations into this question in *Man and Woman*, revised and enlarged edition, 1904, pp. 134-138. On the whole, they seem to indicate greater olfactory acuteness on the part of women, but the evidence is by no means altogether concordant in this sense. Popular and general scientific opinion is also by no means always in harmony. Thus, Tardif, in his book on odors in relation to the sexual instinct, throughout assumes, as a matter of course, that the sense of smell is most keen in men; while, on the other hand, I note that in a pamphlet by Mr. Martin Perls, a manufacturing perfumer, it is stated with equal confidence that "it is a well-known fact that ladies have, even without a practice of long standing, a keener sense of smell than men," and on this account he employs a staff of young ladies for testing perfumes by smell in the laboratory by the glazed paper test.

It is sometimes said that the use of strong perfumes by women indicates a dulled olfactory organ. On the other hand, it is said that the use of tobacco deadens the sensitiveness of the masculine nose. Both these statements seem to be without foundation. The use of a large amount of perfume is rather a question of taste than a question of sensory acuteness (not to mention that those who live in an atmosphere of perfume are, of course, only faintly conscious of it), and the chemist perfumer in his laboratory surrounded by strong odors can distinguish them all with great delicacy. As regards tobacco, in Spain the *cigarreras* are women and girls who live perpetually in an atmosphere of tobacco, and Señora Pardo Bazan, who knows them well, remarks in her novel, *La Tribuna*, which deals with life in a tobacco factory, that "the acuity of the sense of smell of the *cigarreras* is notable, and it would seem that instead of blunting the nasal membrane the tobacco makes the olfactory nerves keener."

"It was the same as if I was in a sweet apple garden, from the sweetness that came to me when the light wind passed over them and stirred their clothes," a woman is represented as saying concerning a troop of handsome men in the Irish sagas (*Ouchulain of Muirthemne*, p. 161). The pleasure and excitement experienced by a woman in the odor of her lover is usually felt concerning a vague and mixed odor which may be characteristic, but is not definitely traceable to any

specific bodily sexual odor. The general odor of the man she loves, one woman states, is highly, sometimes even overwhelmingly, attractive to her; but the specific odor of the male sexual organs which she describes as fishy has no attraction. A man writes that in his relations with women he has never been able to detect that they were influenced by the axillary or other specific odors. A woman writes: "To me any personal odor, as that of perspiration, is very disagreeable, and the healthy *naked* human body is very free from any odor. Fresh perspiration has no disagreeable smell; it is only by retention in the clothing that it becomes objectionable. The faint smell of smoke which lingers round men who smoke much is rather exciting to me, but only when it is *very* faint. If at all strong it becomes disagreeable. As most of the men who have attracted me have been great smokers, there is doubtless a direct association of ideas. It has only once occurred to me that an indifferent unpleasant smell became attractive in connection with some particular person. In this case it was the scent of stale tobacco, such as comes from the end of a cold cigar or cigarette. It was, and is now, very disagreeable to me, but, for the time and in connection with a particular person, it seemed to me more delightful and exciting than the most delicious perfume. I think, however, only a very strong attraction could overcome a dislike of this sort, and I doubt if I could experience such a twist-round if it had been a personal odor. Stale tobacco, though nasty, conveys no mentally disagreeable idea. I mean it does not suggest dirt or unhealthiness."

It is probably significant of the somewhat considerable part which, in one way or another, odors and perfumes play in the emotional life of women, that, of the 4 women whose sexual histories are recorded in Appendix B of vol. iii of these *Studies*, all are liable to experience sexual effects from olfactory stimuli, 3 of them from personal odors (though this fact is not in every case brought out in the histories as recorded), while of the 8 men not one has considered his olfactory experiences in this respect as worthy of mention.

The very marked sexual fascination which odor, associated with the men they love, exerts on women has easily passed unperceived, since women have not felt called upon to proclaim it. In sexual inversion, however, when the woman takes a more active and outspoken part than in normal love, it may very clearly be traced. Here, indeed, it is often exaggerated, in consequence of the common tendency for neurotic and neurasthenic persons to be more than normally susceptible to the influence of odors. In the majority of inverted women, it may safely be said, the odor of the beloved person plays a very considerable part. Thus, one inverted woman asks the woman she loves to send her some of her hair that she may intoxicate herself in solitude with its perfume (*Archivio di Psicopatie Sessuali*, vol. i, fasc. 3, p. 36). Again,

a young girl with some homosexual tendencies, was apt to experience sexual emotions when in ordinary contact with schoolfellows whose body odor was marked (Féré, *L'Instinct Sexuel*, p. 260). Such examples are fairly typical.

That the body odor of men may in a large number of cases be highly agreeable and sexually attractive is shown by the testimony of male sexual inverts. There is abundant evidence to this effect. Rafalovich (*L'Uranisme et l'Unisexualité*, p. 126) insists on the importance of body odors as a sexual attraction to the male invert, and is inclined to think that the increased odor of the man's own body during sexual excitement may have an auto-aphrodisiacal effect which is reflected on the body of the loved person. The odor of peasants, of men who work in the open air, is specially apt to be found attractive. Moll mentions the case of an inverted man who found the "forest, mosslike odor" of a schoolfellow irresistibly attractive.

The following passage from a letter written by an Italian marquis has been sent to me: "Bonifazio stripped one evening, to give me pleasure. He has the full, rounded flesh and amber coloring which painters of the Giorgione school gave to their S. Sebastians. When he began to dress, I took up an old *fascia*, or girdle of netted silk, which was lying under his breeches, and which still preserved the warmth of his body. I buried my face in it, and was half inebriated by its exquisite aroma of young manhood and fresh hay. He told me he had worn it for two years. No wonder it was redolent of him. I asked him to let me keep it as a souvenir. He smiled and said: 'You like it because it has lain so long upon my *pancia*.' 'Yes, just so,' I replied; 'whenever I kiss it, thus and thus, it will bring you back to me.' Sometimes I tie it round my naked waist before I go to bed. The smell of it is enough to cause a powerful erection, and the contact of its fringes with my testicles and phallus has once or twice produced an involuntary emission."

I may here reproduce a communication which has reached me concerning the attractiveness of the odor of peasants: "One predominant attraction of these men is that they are pure and clean; their bodies in a state of healthy normal function. Then they possess, if they are temperate, what the Greek poet Straton called the *φνδική χρωτός* (a quality which, according to this authority, is never found in women). This 'natural fair perfume of the flesh' is a peculiar attribute of young men who live in the open air and deal with natural objects. Even their perspiration has an odor very different from that of girls in ball-rooms: more refined, ethereal, pervasive, delicate, and difficult to seize. When they have handled hay—in the time of hay-harvest, or in winter, when they bring hay down from mountain huts—the youthful peasants carry about with them the smell of 'a field the

Lord hath blessed.' Their bodies and their clothes exhale an indefinable fragrance of purity and sex combined. Every gland of the robust frame seems to have accumulated scent from herbs and grasses, which slowly exudes from the cool, fresh skin of the lad. You do not perceive it in a room. You must take the young man's hands and bury your face in them, or be covered with him under the same blanket in one bed, to feel this aroma. No sensual impression on the nerves of smell is more poignantly impregnated with spiritual poetry—the poetry of adolescence, and early hours upon the hills, and labor cheerfully accomplished, and the harvest of God's gifts to man brought home by human industry. It is worth mentioning that Aristophanes, in his description of the perfect Athenian Ephebus, dwells upon his being redolent of natural perfumes."

In a passage in the second part of *Faust* Goethe (who appears to have felt considerable interest in the psychology of smell) makes three women speak concerning the ambrosiacal odor of young men.

In this connection, also, I note a passage in a poem ("Appleton House") by our own English poet Marvell, which it is of interest to quote: —

"And now the careless victors play,
Dancing the triumphs of the hay,
When every mower's wholesome heat
Smells like an Alexander's sweat.
Their females fragrant as the mead
Which they in fairy circles tread,
When at their dance's end they kiss,
Their new-mown hay not sweeter is."

IV.

The Influence of Perfumes—Their Aboriginal Relationship to Sexual Body Odors—This True even of the Fragrance of Flowers—The Synthetic Manufacture of Perfumes—The Sexual Effects of Perfumes—Perfumes perhaps Originally Used to Heighten the Body Odors—The Special Significance of the Musk Odor—Its Wide Natural Diffusion in Plants and Animals and Man—Musk a Powerful Stimulant—Its Widespread Use as a Perfume—*Peau d'Espagne*—The Smell of Leather and its Occasional Sexual Effects—The Sexual Influence of the Odors of Flowers—The Identity of many Plant Odors with Certain Normal and Abnormal Body Odors—The Smell of Semen in this Connection.

So FAR we have been mainly concerned with purely personal odors. It is, however, no longer possible to confine the discussion of the sexual significance of odor within the purely animal limit. The various characteristics of personal odor which have been noted—alike those which tend to make it repulsive and those which tend to make it attractive—have led to the use of artificial perfumes, to heighten the natural odor when it is regarded as attractive, to disguise it when it is regarded as repellent; while at the same time, happily covering both of these impulses, has developed the pure delight in perfume for its own agreeableness, the æsthetic side of olfaction. In this way—although in a much less constant and less elaborate manner—the body became adorned to the sense of smell just as by clothing and ornament it is adorned to the sense of sight.

But—and this is a point of great significance from our present standpoint—we do not really leave the sexual sphere by introducing artificial perfumes. The perfumes which we extract from natural products, or, as is now frequently the case, produce by chemical synthesis, are themselves either actually animal sexual odors or allied in character or composition to the personal odors they are used to heighten or disguise. Musk is the product of glands of the male *Moschus moschiferus* which correspond to preputial sebaceous glands;

castoreum is the product of similar sexual glands in the beaver, and civet likewise from the civet; ambergris is an intestinal calculus found in the rectum of the cachelot.¹ Not only, however, are nearly all the perfumes of animal origin, in use by civilized man, odors which have a specially sexual object among the animals from which they are derived, but even the perfumes of flowers may be said to be of sexual character. They are given out at the reproductive period in the lives of plants, and they clearly have very largely as their object an appeal to the insects who secure plant fertilization, such appeal having as its basis the fact that among insects themselves olfactory sensibility has in many cases been developed in their own mating.² There is, for example, a moth in which both sexes are similarly and inconspicuously marked, but the males diffuse an agreeable odor, said to be like pineapple, which attracts the females.³ If, therefore, the odors of flowers have developed because they proved useful to the plant by attracting insects or other living creatures, it is obvious that the advantage would lie with those plants which could put forth an animal sexual odor of agreeable character, since such an odor would prove fascinating to animal creatures. We here have a very simple explanation of the fundamental identity of odors in the animal and vegetable worlds. It thus comes about that from a psychological point of view we are not really entering a new field when we begin to discuss the influence of perfumes other than those of the animal body. We are merely concerned with somewhat more complex or somewhat more refined sexual odors; they are not specifically different from the human odors and they mingle with them harmoniously. Popular language bears

¹ H. Beauregard, *Matière Médicale Zoologique: Histoire des Drogues d'origine Animale*, 1901.

² Professor Plateau, of Ghent, has for many years carried on a series of experiments which would even tend to show that insects are scarcely attracted by the colors of flowers at all, but mainly influenced by a sense which would appear to be smell. His experiments have been recorded during recent years (from 1887) in the *Bulletins de l'Académie Royale de Belgique*, and have from time to time been summarized in *Nature*, e.g., February 5, 1903.

³ David Sharp, *Cambridge Natural History: Insects*, Part II, p. 398.

witness to the truth of this statement, and the normal and abnormal human odors, as we have already seen, are constantly compared to artificial, animal, and plant odors, to chloroform, to musk, to violet, to mention only those similitudes which seem to occur most frequently.

The methods now employed for obtaining the perfumes universally used in civilized lands are three: (1) the extraction of odoriferous compounds from the neutral products in which they occur; (2) the artificial preparation of naturally occurring odoriferous compounds by synthetic processes; (3) the manufacture of materials which yield odors resembling those of pleasant smelling natural objects. (See, *e.g.*, "Natural and Artificial Perfumes," *Nature*, December 27, 1900.) The essential principles of most of our perfumes belong to the complex class of organic compounds known as terpenes. During recent years a number of the essential elements of natural perfumes have been studied, in many cases the methods of preparing them artificially discovered, and they are largely replacing the use of natural perfumes not only for soaps, etc., but for scent essences, though it appears to be very difficult to imitate exactly the delicate fragrance achieved by Nature. Artificial musk was discovered accidentally by Bauer when studying the butyltoluenes contained in a resin extractive. Vanillin, the odoriferous principle of the vanilla bean, is an aldehyde which was first artificially prepared by Tiemann and Haarmann in 1874 by oxidizing coniferin, a glucoside contained in the sap of various conifers, but it now appears to be usually manufactured from eugenol, a phenol contained in oil of cloves. Piperonal, an aldehyde closely allied to vanillin, is used in perfumery under the name of heliotropin and is prepared from oil of sassafras and oil of camphor. Cumarine, the material to which tonka bean, sweet woodruff, and new-mown hay owe their characteristic odors, was synthetically prepared by W. H. Parkin in 1868 by heating sodio-salicylic aldehyde with acetic anhydride, though now more cheaply prepared from an herb growing in Florida. Irone, which has the perfume of violets, was isolated in 1893 from a ketone contained in orris-root; and ionone, another ketone which has a very closely similar odor of fresh violets and was isolated after some years' further work, is largely used in the preparation of violet perfume. Irone and ionone are closely similar in composition to oil of turpentine which when taken into the body is partly converted into perfume and gives a strong odor of violets to the urine. "Little has yet been accomplished toward ascertaining the relation between the odor and the chemical constitution of substances in general. Hydrocarbons as a class possess considerable similarity in odor, so also do the organic sulphides and, to a much

smaller extent, the ketones. The subject waits for some one to correlate its various physiological, psychological and physical aspects in the same way that Helmholtz did for sound. It seems, as yet, impossible to assign any probable reason to the fact that many substances have a pleasant odor. It may, however, be worth suggesting that certain compounds, such as the volatile sulphides and the indoles, have very unpleasant odors because they are normal constituents of mammalian excreta and of putrefied animal products; the repulsive odors may be simply necessary results of evolutionary processes." (*Loc. cit.*, *Nature*, December 27, 1900.)

Many of the perfumes in use are really combinations of a great many different odors in varying proportions, such as oil of rose, lavender oil, ylang-ylang, etc. The most highly appreciated perfumes are often made up of elements which in stronger proportion would be regarded as highly unpleasant.

In the study and manufacture of perfumes Germany and France have taken the lead in recent times. The industry is one of great importance. In France alone the trade in perfumes amounts to £4,000,000.

It is doubtless largely owing to the essential and fundamental identity of odors—to the chemical resemblances even of odors from the most widely remote sources—that we find that perfumes in many cases have the same sexual effects as are primitively possessed by the body odors. In northern countries, where the use of perfumes is chiefly cultivated by women, it is by women that this sexual influence is most liable to be felt. In the South and in the East it appears to be at least equally often experienced by men. Thus, in Italy Mantegazza remarks that "many men of strong sexual temperament cannot visit with impunity a laboratory of essences and perfumes."¹ In the East we find it stated in the Islamic book entitled *The Perfumed Garden of Sheikh Nefzaoui* that the use of perfumes by women, as well as by men, excites to the generative act. It is largely in reliance on this fact that in many parts of the world, especially among Eastern peoples and occasionally among ourselves in Europe, women have been accustomed to perfume the body and especially the vulva.²

¹ V. Mantegazza, *Lezioni di fisiologia dell' Amore*, 1873, p. 176.

² V. Mantegazza, *Lezioni di fisiologia dell' Amore*, p. 94) refers to various peoples who practice this last custom. Egypt was a great centre of the practice more than 3000 years ago.

It seems highly probable that, as has been especially emphasized by Hagen, perfumes were primitively used by women, not as is sometimes the case in civilization, with the idea of disguising any possible natural odor, but with the object of heightening and fortifying the natural odor.¹ If the primitive man was inclined to disparage a woman whose odor was slight or imperceptible,—turning away from her with contempt, as the Polynesian turned away from the ladies of Sydney: "They have no smell!"—women would inevitably seek to supplement any natural defects in this respect, and to accentuate their odorous qualities, in the same way as by corsets and bustles, even in civilization, they have sought to accentuate the sexual salencies of their bodies. In this way we may, as Hagen suggests, explain the fact that until recent times the odors preferred by women have not been the most delicate or exquisite, but the strongest, the most animal, the most sexual: musk, castoreum, civet, and ambergris.

In that interesting novel—dealing with the adventures of a Jewish maiden at the Persian court of Xerxes—which under the title of *Esther* has found its way into the Old Testament we are told that it was customary in the royal harem at Shushan to submit the women to a very prolonged course of perfuming before they were admitted to the king: "six months with oil of myrrh and six months with sweet odors." (*Esther*, Chapter II, v. 12.)

In the *Arabian Nights* there are many allusions to the use of perfumes by women with a more or less definitely stated aphrodisiacal intent. Thus we read in the story of Kamaralzaman: "With fine incense I will perfume my breasts, my belly, my whole body, so that my skin may melt more sweetly in thy mouth, O apple of my eye!"

Even among savages the perfuming of the body is sometimes practiced with the object of inducing love in the partner. Schellong states that the Papuans of Kaiser Wilhelm's Land rub various fragrant plants into their bodies for this purpose. (*Zeitschrift für Ethnologie*, 1899, lt. i, p. 19.) The significance of this practice is more fully revealed by Haddon when studying the Papuans of Torres Straits among whom the initiative in courtship is taken by the women. It was by scenting

¹ Hagen, *Sexuelle Osphrésiologie*, 1901, p. 226. It has been suggested to me by a medical correspondent that one of the primitive objects of the hair, alike on head, mons veneris, and axilla, was to collect sweat and heighten its odor to sexual ends.

himself with a pungent odorous substance that a young man indicated that he was ready to be sued by the girls. A man would wear this scent at the back of his neck during a dance in order to attract the attention of a particular girl; it was believed to act with magical certainty, after the manner of a charm (*Reports of the Cambridge Anthropological Expedition to Torres Straits*, vol. v, pp. 211, 222, and 328).

The perfume which is of all perfumes the most interesting from the present point of view is certainly musk. With ambergris, musk is the chief member of Linnæus's group of *Odores ambrosiaceæ*, a group which in sexual significances, as Zwaardemaker remarks, ranks besides the capryl group of odors. It is a perfume of ancient origin; its name is Persian¹ (indicating doubtless the channel whence it reached Europe) and ultimately derived from the Sanskrit word for testicle in allusion to the fact that it was contained in a pouch removed from the sexual parts of the male musk-deer. Musk odors, however, often of considerable strength, are very widely distributed in Nature, alike among animals and plants. This is indicated by the frequency with which the word "musk" forms part of the names of animals and plants which are by no means always nearly related. We have the musk-ox, the musky mole, several species called musk-rat, the musk-duct, the musk-beetle; while among plants which have received their names from a real or supposed musky odor are, besides several that are called musk-plant, the musk-rose, the musk-hyacinth, the musk-mallow, the musk-orchid, the musk-melon, the musk-cherry, the musk-pear, the musk-plum, muskat and muscatels, musk-seed, musk-tree, musk-wood, etc.¹ But a musky odor is not merely widespread in Nature among plants and the lower animals, it is peculiarly associated with man. Incidentally we have already seen how it is regarded as characteristic of some races of man, especially the Chinese. Moreover, the smell of the negress is said to be musky in character, and

¹ The names of all our chief perfumes are Arabic or Persian: civet, musk, ambergris, attar, camphor, etc.

² Cloquet (*Osmphrésiologie*, pp. 73-76) has an interesting passage on the prevalence of the musk odor in animals, plants, and even mineral substances.

among Europeans a musky odor is said to be characteristic of blondes. Laycock, in his *Nervous Diseases of Women*, stated his opinion that "the musk odor is certainly the sexual odor of man"; and Féré states that the musk odor is that among natural perfumes most nearly approaching the odor of the sexual secretions. We have seen that the Chinese poet vaunts the musky odor of his mistress's armpits, while another Oriental saying concerning the attractive woman is that "her navel is filled with musk." Persian literature contains many references to musk as an attractive body odor, and Firdusi speaks of a woman's hair as "a crown of musk," while the Arabian poet Motannabi says of his mistress that "her hyacinthine hair smells sweeter than Scythian musk." Galopin stated that he knew women whose natural odor of musk (and less frequently of ambergris) was sufficiently strong to impart to a bath in less than an hour a perfume due entirely to the exhalations of the musky body; it must be added that Galopin was an enthusiast in this matter.

The special significance of musk from our present point of view lies not only in the fact that we here have a perfume, widely scattered throughout nature and often in an agreeable form, which is at the same time a very frequent personal odor in man. Musk is the odor which not only in the animals to which it has given a name, but in many others, is a specifically sexual odor, chiefly emitted during the sexual season. The sexual odors, indeed, of most animals seem to be modifications of musk. The Sphinx moth has a musky odor which is confined to the male and is doubtless sexual. Some lizards have a musky odor which is heightened at the sexual season; crocodiles during the pairing season emit from their submaxillary glands a musky odor which pervades their haunts. In the same way elephants emit a musky odor from their facial glands during the rutting season. The odor of the musk-duck is chiefly confined to the breeding season.¹ The musky odor of the negress is said to be heightened during sexual excitement.

¹Laycock brings together various instances of the sexual odors of animals, insisting on their musky character (*Nervous Diseases of*

The predominance of musk as a sexual odor is associated with the fact that its actual nervous influence, apart from the presence of sexual association, is very considerable. Féré found it to be a powerful muscular stimulant. In former times musk enjoyed a high reputation as a cardiac stimulant; it fell into disuse, but in recent years its use in asthenic states has been revived, and excellent results, it has been claimed, have followed its administration in cases of collapse from Asiatic cholera. For sexual torpor in women it still has (like vanilla and sandal) a certain degree of reputation, though it is not often used, and some of the old Arabian physicians (especially Avicenna) recommended it, with castoreum and myrrh, for amenorrhœa. Its powerful action is indicated by the experience of Esquirol, who stated that he had seen cases in which sensory stimulation by musk in women during lactation had produced mania. It has always had the reputation, more especially in the Mohammedan East, of being a sexual stimulant to men; "the noblest of perfumes," it is called in *El Ktab*, "and that which most provokes to venery."

It is doubtless a fact significant of the special sexual effects of musk that, as Laycock remarked, in cases of special idiosyncrasy to odors, musk appears to be that odor which is most liked or disliked. Thus, the old English physician Whytt remarked that "several delicate women who could easily bear the stronger smell of tobacco have been thrown into fits by musk, ambergris, or a pale rose."¹ It may be remarked that in the *Perfumed Garden of Sheikh Nefzaoui* it is stated that it is by their sexual effects that perfumes tend to throw women into a kind of swoon, and Lucretius remarks that a woman who smells castoreum, another animal sexual perfume, at the time of her menstrual period may swoon.²

Women; section, "Odors"). See also a section in the *Descent of Man* (Part II, Chapter XVIII), in which Darwin argues that "the most odoriferous males are the most successful in winning the females." Distant also has an interesting paper on this subject, "Biological Suggestions," *Zoölogist*, May, 1902; he points out the significant fact that musky odors are usually confined to the male, and argues that animal odors generally are more often attractive than protective.

¹ R. Whytt, *Works*, 1768, p. 543.

² Lucretius, VI, 790-5.

Not only is musk the most cherished perfume of the Islamic world, and the special favorite of the Prophet himself, who greatly delighted in perfumes ("I love your world," he is reported to have said in old age, "for its women and its perfumes"),¹ it is the only perfume generally used by the women of a land in which the refinements of life have been carried so far as Japan, and they received it from the Chinese.²

Moreover, musk is still the most popular of European perfumes. It is the perfumes containing musk, Piesse states in his well-known book on the *Art of Perfumery*, which sell best. It is certainly true that in its simple form the odor of musk is not nowadays highly considered in Europe. This fact is connected with the ever-growing refinement in accordance with which the specific odors of the sexual regions in human beings tend to lose their primitive attractiveness and bodily odors generally become mingled with artificial perfumes and so disguised. But, although musk in its simple form, and under its ancient name, has lost its hold in Europe, it is an interesting and significant fact that it is still the perfumes which contain musk that are the most widely popular.

Peau d'Espagne may be mentioned as a highly complex and luxurious perfume, often the favorite scent of sensuous persons, which really owes a large part of its potency to the presence of the crude animal sexual odors of musk and civet. It consists of wash-leather steeped in ottos of neroli, rose, santal, lavender, verbenä, bergamot, cloves, and cinnamon, subsequently smeared with civet and musk. It is said by some, probably with a certain degree of truth, that Peau d'Espagne is of

¹ Mohammed, said Ayesha, was very fond of perfumes, especially "men's scents," musk and ambergris. He used also to burn camphor on odoriferous wood and enjoy the fragrant smell, while he never refused perfumes when offered them as a present. The things he cared for most, said Ayesha, were women, scents, and foods. Muir, *Life of Mahomet*, vol. iii, p. 297.

² H. ten Kate, *International Centralblatt für Anthropologie*, III, 6, 1902. This author, who made observations on Japanese with Zwaardemaker's olfactometer, found that, contrary to an opinion sometimes stated, they have a somewhat defective sense of smell. He remarks that there are no really native Japanese perfumes.

all perfumes that which most nearly approaches the odor of a woman's skin; whether it also suggests the odor of leather is not so clear.

There is, however, no doubt that the smell of leather has a curiously stimulating sexual influence on many men and women. It is an odor which seems to occupy an intermediate place between the natural body odors and the artificial perfumes for which it sometimes serves as a basis; possibly it is to this fact that its occasional sexual influence is owing, for, as we have already seen, there is a tendency for sexual allurements to attach to odors which are not the specific personal body odors but yet are related to them. Moll considers, no doubt rightly, that shoe fetichism, perhaps the most frequent of sexual fetichistic perversions, is greatly favored, if, indeed, it does not owe its origin to, the associated odor of the feet and of the shoes.¹ He narrates a case of shoe fetichism in a man in which the perversion began at the age of 6; when for the first time he wore new shoes, having previously used only the left-off shoes of his elder brother; he felt and smelt these new shoes with sensations of unmeasured pleasure; and a few years later began to use shoes as a method of masturbation.² Nücke has also recorded the case of a shoe fetichist who declared that the sexual attraction of shoes (usually his wife's) lay largely in the odor of the leather.³ Krafft-Ebing, again, brings forward a case of shoe fetichism in which the significant fact is mentioned that the subject bought a pair of leather cuffs to smell while masturbating.⁴ Restif de la Bretonne, who was somewhat of a shoe fetichist, appears to have enjoyed smelling shoes. It is not probable that the odor of leather explains the whole of shoe fetichism,—as we shall see when, in another "Study," this question comes before us—and in many cases it cannot be said to enter at all; it is, however, one of the factors. Such a con-

¹ Moll: *Die Konträre Sexualempfindung*, third edition, 1890, p. 306.

² Moll: *Libido Sexualis*, bd. 1, p. 284.

³ P. Nücke, "Un Cas de Fetichisme de Souliers," *Bulletin de la Société de Médecine Mentale de Belgique*, 1894.

⁴ *Psychopathia Sexualis*, English edition, p. 167.

clusion is further supported by the fact that by many the odor of new shoes is sometimes desired as an adjuvant to coitus. It is in the experience of prostitutes that such a device is not infrequent. Näcke mentions that a colleague of his was informed by a prostitute that several of her clients desired the odor of new shoes in the room, and that she was accustomed to obtain the desired perfume by holding her shoes for a moment over the flame of a spirit lamp.

The direct sexual influence of the odor of leather is, however, more conclusively proved by those instances in which it exists apart from shoes or other objects having any connection with the human body. I have elsewhere in these "Studies"¹ recorded the case of a lady, entirely normal in sexual and other respects, who is conscious of a considerable degree of pleasurable sexual excitement in the presence of the smell of leather objects, more especially of leather-bound ledgers and in shops where leather objects are sold. She thinks this dates from the period when, as a child of 9, she was sometimes left alone for a time on a high stool in an office. A possible explanation in this case lies in the supposition that on one of these early occasions sexual excitement was produced by the contact with the stool (in a way that is not infrequent in young girls) and that the accidentally associated odor of leather permanently affected the nervous system, while the really significant contact left no permanent impression. Even on such a supposition it might, however, still be maintained that a real potency of the leather odor is illustrated by this case, and this is likewise suggested by the fact that the same subject is also sexually affected by various perfumes and odorous flowers not recalling leather.²

¹ *Studies in the Psychology of Sex*, vol. iii, "Appendix B, History VIII."

² Philip Salmuth (*Observationes Medicæ*, Centuria II, no. 63) in the seventeenth century recorded a case in which a young girl of noble birth (whose sister was fond of eating chalk, cinnamon, and cloves) experienced extreme pleasure in smelling old books. It would appear, however, that in this case the fascination lay not so much in the odor of the leather as in the mouldy odor of worm-eaten books; "*fatorem veterum librorum, a blattis et tinea exesorum, situque prorsus corruptorum*" are Salmuth's words.

It has been suggested to me by a lady that the odor of leather suggests that of the sexual organs. The same suggestion is made by Hagen,¹ and I find it stated by Gould and Pyle that menstruating girls sometimes smell of leather. The secret of its influence may thus be not altogether obscure; in the fact that leather is animal skin, and that it may thus vaguely stir the olfactory sensibilities which had been ancestrally affected by the sexual stimulus of the skin odor lies the probable foundation of the mystery.

In the absence of all suggestion of personal or animal odors, in its most exquisite forms in the fragrance of flowers, olfactory sensations are still very frequently of a voluptuous character. Mantegazza has remarked that it is a proof of the close connection between the sense of smell and the sexual organs that the expression of pleasure produced by olfaction resembles the expression of sexual pleasures.² Make the chastest woman smell the flowers she likes best, he remarks, and she will close her eyes, breathe deeply, and, if very sensitive, tremble all over, presenting an intimate picture which otherwise she never shows, except perhaps to her lover. He mentions a lady who said: "I sometimes feel such pleasure in smelling flowers that I seem to be committing a sin."³ It is really the case that in many persons—usually, if not exclusively, women—the odor of flowers produces not only a highly pleasurable, but a distinctly and specifically sexual, effect. I have met with numerous cases in which this effect was well marked. It is usually white flowers with heavy, penetrating odors which exert this influence. Thus, one lady (who is similarly affected by various perfumes, forget-me-nots, ylang-ylang,

¹ *Sexuelle Osphrésiologie*, p. 106.

² Mantegazza, *Fisiologia dell' Amore*, p. 176.

³ In this connection I may quote the remark of the writer of a thoughtful article in the *Journal of Psychological Medicine*, 1851: "The use of scents, especially those allied to the musky, is one of the luxuries of women, and in some constitutions cannot be indulged without some danger to the morals, by the excitement to the ovaria which results. And although less potent as aphrodisiacs in their action on the sexual system of women than of men, we have reason to think that they cannot be used to excess with impunity by most."

etc.) finds that a number of flowers produce on her a definite sexual effect, with moistening of the pudenda. This effect is especially produced by white flowers like the gardenia, tuberose, etc. Another lady, who lives in India, has a similar experience with flowers. She writes: A scent to cause me sexual excitement must be somewhat heavy and *penetrating*. Nearly all white flowers so affect me and many Indian flowers with heavy, almost pungent scents. (All the flower scents are quite unconnected with me with any individual.) Tuberose, lilies of the valley, and frangipani flowers have an almost intoxicating effect on me. Violets, roses, mignonette, and many others, though very delicious, give me no sexual feeling at all. For this reason the line, 'The lilies and languors of virtue for the roses and raptures of vice' seems all wrong to me. The lily seems to me a very sensual flower, while the rose and its scent seem very good and countrified and virtuous. Shelley's description of the lily of the valley, 'whom youth makes so fair and *passion* so pale,' falls in much more with my ideas. I can quite understand," she adds, "that leather, especially of books, might have an exciting effect, as the smell has this *penetrating* quality, but I do not think it produces any special feeling in me." This more sensuous character of white flowers is fairly obvious to many persons who do not experience from them any specifically sexual effects. To some people lilies have an odor which they describe as sexual, although these persons may be quite unaware that Hindu authors long since described the vulvar secretion of the *Padmini*, or perfect woman, during coitus, as "perfumed like the lily that has newly burst."¹ It is noteworthy that it was more especially the white flowers—lily, tuberose, etc.—which were long ago noted by Cloquet as liable to cause various unpleasant nervous effects, cardiac oppression and syncope.²

When we are concerned with the fragrances of flowers it would seem that we are far removed from the human sexual field, and that their sexual effects are inexplicable. It is not

¹ *Kama Sutra* of Vatsyayana, 1883, p. 5.

² Cloquet, *Osphrésiologie*, p. 95.

so. The animal and vegetable odors, as, indeed, we have already seen, are very closely connected. The recorded cases are very numerous in which human persons have exhaled from their skins—sometimes in a very pronounced degree—the odors of plants and flowers, of violets, of roses, of pine-apple, of vanilla. On the other hand, there are various plant odors which distinctly recall, not merely the general odor of the human body, but even the specifically sexual odors. A rare garden weed, the stinking goosefoot, *Chenopodium vulvaria*, it is well known, possesses a herring brine or putrid fish odor—due, it appears, to propylamin, which is also found in the flowers of the common white thorn or mayflower (*Crataegus oxyacantha*) and many others of the *Rosaceæ*—which recalls the odor of the animal and human sexual regions.¹ The reason is that both plant and animal odors belong chemically to the same group of capryl odors (Linnaeus's *Odores hircini*), so called from the goat, the most important group of odors from the sexual point of view. Caproic and capryl acid are contained not only in the odor of the goat and in human sweat, and in animal products as many cheeses, but also in various plants, such as Herb Robert (*Geranium robertianum*), and the Stinking St. John's worts (*Hypericum hircinum*), as well as the *Chenopodium*. Zwaardemaker considers it probable that the odor of the vagina belongs to the same group, as well as the odor of semen (which Haller called *odor aphrodisiacus*), which last odor is also found, as Cloquet pointed out, in the flowers of the common berberry (*Berberis vulgaris*) and in the chestnut. A very remarkable and significant example of the same odor seems to occur in the case of the flowers of the henna plant, the white-flowered Lawsonia (*Lawsonia inermis*), so widely used in some Mohammedan lands for dyeing the nails and other parts of the body. "These flowers diffuse the sweetest odor," wrote Sonnini in Egypt a century ago; "the women de-

¹ In Normandy the *Chenopodium*, it is said, is called "conio," and in Italy *erba connina* (con, cunnus), on account of its vulvar odor. The attraction of dogs to this plant has been noted. In the same way cats are irresistibly attracted to preparations of valerian because their own urine contains valerianic acid.

light to wear them, to adorn their houses with them, to carry them to the baths, to hold them in their hands, and to perfume their bosoms with them. They cannot patiently endure that Christian and Jewish women shall share the privilege with them. It is very remarkable that the perfume of the henna flowers, when closely inhaled, is almost entirely lost in a very decided spermatic odor. If the flowers are crushed between the fingers this odor prevails, and is, indeed, the only one perceptible. It is not surprising that so delicious a flower has furnished Oriental poetry with many charming traits and amorous similes." Such a simile Sonnini finds in the *Song of Songs*, i. 13-14.¹

The odor of semen has not been investigated, but, according to Zwaardemaker, artificially produced odors (like cadaverin) resemble it. The odor of the leguminous fenugreek, a botanical friend considers, closely approaches the odor given off in some cases by the armpit in women. It is noteworthy that fenugreek contains cumarine, which imparts its fragrance to new-mown hay and to various flowers of somewhat similar odor. On some persons these have a sexually exciting effect, and it is of considerable interest to observe that they recall to many the odor of semen. "It seems very natural," a lady writes, "that flowers, etc., should have an exciting effect, as the original and by far the pleasantest way of love-making was in the open among flowers and fields; but a more purely physical reason may, I think, be found in the exact resemblance between the scent of semen and that of the pollen of flowering grasses. The first time I became aware of this resemblance it came on me with a rush that here was the explanation of the very exciting effect of a field of flowering grasses and, perhaps through them, of the scents of other flowers. If I am right, I suppose flower scents should affect women more powerfully than men in a sexual way. I do not think anyone would be likely to notice the odor of semen in this connection unless they had been greatly struck by the exciting effects of the pollen of

¹ Sonnini, *Voyage dans la Haute et Basse Egypte*, 1799, vol. i, p. 298.

grasses. I had often noticed it and puzzled over it." As pollen is the male sexual element of flowers, its occasionally stimulating effect in this direction is perhaps but an accidental result of a unity running through the organic world, though it may be perhaps more simply explained as a special form of that nasal irritation which is felt by so many persons in a hay-field. Another correspondent, this time a man, tells me that he has noted the resemblance of the odor of semen to that of crushed grasses. A scientific friend who has done much work in the field of organic chemistry tells me he associates the odor of semen with that produced by diastasic action on mixing flour and water, which he regards as sexual in character. This again brings us to the starchy products of the leguminous plants. It is evident that, subtle and obscure as many questions in the physiology and psychology of olfaction still remain, we cannot easily escape from their sexual associations.

V.

The Evil Effects of Excessive Olfactory Stimulation—The Symptoms of Vanillism—The Occasional Dangerous Results of the Odors of Flowers—Effects of Flowers on the Voice.

THE reality of the olfactory influences with which we have been concerned, however slight they may sometimes appear, is shown by the fact that odors, both agreeable and disagreeable, are stimulants, obeying the laws which hold good for stimulants generally. They whip up the nervous energies momentarily, but in the end, if the excitation is excessive and prolonged, they produce fatigue and exhaustion. This is clearly shown by Féré's elaborate experiments on the influences of odors, as compared with other sensory stimulants, on the amount of muscular work performed with the ergograph.¹ Commenting on the remark of Bernardin de Saint-Pierre, that "man uses perfumes to impart energy to his passion," Féré remarks: "But perfumes cannot keep up the fires which they light." Their prolonged use involves fatigue, which is not different from that produced by excessive work, and reproduces all the bodily and psychic accompaniments of excessive work.² It is well known that workers in perfumes are apt to suffer from the inhalation of the odors amid which they live. Dealers in musk are said to be specially liable to precocious dementia. The symptoms generally experienced by the men and women who work in vanilla factories where the crude fruit is prepared for commerce have often been studied and are well known. They are due to the inhalation of the scent, which has all the properties of the aromatic aldehydes, and include

¹ Féré, *Travail et Plaisir*, Chapter XIII.

² *Travail et Plaisir*, p. 175. It is doubtless true of the effects of odors on the sexual sphere. Féré records the case of a neurasthenic lady whose sexual coldness toward her husband only disappeared after the abandonment of a perfume (in which heliotrope was apparently the chief constituent) she had been accustomed to use in excessive amounts.

skin eruptions,¹ general excitement, sleeplessness, headache, excessive menstruation, and irritable bladder. There is nearly always sexual excitement, which may be very pronounced.²

We are here in the presence, it may be insisted, not of a nervous influence only, but of a direct effect of odor on the vital processes. The experiments of Tardif on the influence of perfumes on frogs and rabbits showed that a poisonous effect was exerted;³ while Féré, by incubating fowls' eggs in the presence of musk, found repeatedly that many abnormalities occurred, and that development was retarded even in the embryos that remained normal; while he obtained somewhat similar results by using essences of lavender, cloves, etc.⁴ The influence of odors is thus deeper than is indicated by their nervous effects; they act directly on nutrition. We are led, as Passy remarks, to regard odors as very intimately related to the physiological properties of organic substances, and the sense of smell as a detached fragment of generally sensibility, reacting to the same stimuli as general sensibility, but highly specialized in view of its protective function.

The reality and subtlety of the influence of odors is further shown by the cases in which very intense effects are produced even by the temporary inhalation of flowers or perfumes or other odors. Such cases of idiosyncrasy in which a person—frequently of somewhat neurotic temperament—becomes acutely sensitive to some odor or odors have been recorded in medical literature for many centuries. In these cases the obnoxious odor produces congestion of the respiratory passages, sneezing, headache, fainting, etc., but occasionally, it has been recorded, even death. (Dr. J. N. Mackenzie, in his interesting and learned paper on "The Production of the so-called 'Rose Cold,' etc.," *American Journal of Medical Sciences*, January, 1886, quotes many cases, and gives a number of references to ancient medical authors; see also Layet, art. "Odeur," *Dictionnaire Encyclopédique des Sciences Médicales*.)

¹ It is perhaps significant that many colors are especially liable to produce skin disorders, especially urticaria; a number of cases have been recorded by Joal, *Journal de Médecine*, July 10, 1899.

² Layet, art. "Vanillisme," *Dictionnaire Encyclopédique des Sciences Médicales*; cf. Audeoud, *Revue Médicale de la Suisse Romande*, October 20, 1899, summarized in the *British Medical Journal*, 1899.

³ E. Tardif, *Les Odeurs et Parfums*, Chapter III.

⁴ Féré, *Société de Biologie*, March 28, 1896.

An interesting phenomenon of the group—though it is almost too common to be described as an idiosyncrasy—is the tendency of the odor of certain flowers to affect the voice and sometimes even to produce complete loss of voice. The mechanism of the process is not fully understood, but it would appear that congestion and paresis of the larynx is produced and spasm of the bronchial tube. Botallus in 1565 recorded cases in which the scent of flowers brought on difficulty of breathing, and the danger of flowers from this point of view is well recognized by professional singers. Joal has studied this question in an elaborate paper (summarized in the *British Medical Journal*, March 3, 1895), and Dr. Cabanès has brought together (*Figaro*, January 20, 1894) the experiences of a number of well-known singers, teachers of singing, and laryngologists. Thus, Madame Renée Richard, of the Paris Opera, has frequently found that when her pupils have arrived with a bunch of violets fastened to the bodice or even with a violet and iris sachet beneath the corset, the voice has been marked by weakness and, on using the laryngoscope, she has found the vocal cords congested. Madame Calvé confirmed this opinion, and stated that she was specially sensitive to tuberose and mimosa, and that on one occasion a bouquet of white lilac has caused her, for a time, complete loss of voice. The flowers mentioned are equally dangerous to a number of other singers; the most injurious flower of all is found to be the violet. The rose is seldom mentioned, and artificial perfumes are comparatively harmless, though some singers consider it desirable to be cautious in using them.

VI.

The Place of Smell in Human Sexual Selections—It has given Place to the Predominance of Vision largely because in Civilized Man it Fails to Act at a Distance—It still Plays a Part by Contributing to the Sympathies or the Antipathies of Intimate Contact.

WHEN we survey comprehensively the extensive field we have here rapidly traversed, it seems not impossible to gain a fairly accurate view of the special place which olfactory sensations play in human sexual selection. The special peculiarity of this group of sensations in man, and that which gives them an importance they would not otherwise possess, is due to the fact that we here witness the decadence of a sense which in man's remote ancestors was the very chiefest avenue of sexual allurements. In man, even the most primitive man,—to some degree even in the apes,—it has declined in importance to give place to the predominance of vision.¹ Yet, at that lower threshold of acuity at which it persists in man it still bathes us in a more or less constant atmosphere of odors, which perpetually move us to sympathy or to antipathy, and which in their finer manifestations we do not neglect, but even cultivate with the increase of our civilization.

It thus comes about that the grosser manifestations of sexual allurements by smell belong, so far as man is concerned, to a remote animal past which we have outgrown and which, on account of the diminished acuity of our olfactory organs, we could not completely recall even if we desired to; the sense of sight inevitably comes into play long before it is possible for close contact to bring into action the sense of smell. But the latent possibilities of sexual allurements by olfaction, which are inevitably embodied in the nervous structure we have inherited from our animal ancestors, still remain

¹ Moll has a passage on this subject, *Untersuchungen über die Libido Sexualis*. Bd. 1, pp. 376-381.

ready to be called into play. They emerge prominently from time to time in exceptional and abnormal persons. They tend to play an unusually larger part in the psychic lives of neurasthenic persons, with their sensitive and comparatively unbalanced nervous systems, and this is doubtless the reason why poets and men of letters have insisted on olfactory impressions so frequently and to so notable a degree; for the same reason sexual inverts are peculiarly susceptible to odors. For a different reason, warmer climates, which heighten all odors and also favor the growth of powerfully odorous plants, lead to a heightened susceptibility to the sexual and other attractions of smell even among normal persons; thus we find a general tendency to delight in odors throughout the East, notably in India, among the ancient Hebrews, and in Mohammedan lands.

Among the ordinary civilized population in Europe the sexual influences of smell play a smaller and yet not altogether negligible part. The diminished prominence of odors only enables them to come into action, as sexual influences, on close contact, when, in some persons at all events, personal odors may have a distinct influence in heightening sympathy or arousing antipathy. The range of variation among individuals is in this matter considerable. In a few persons olfactory sympathy or antipathy is so pronounced that it exerts a decisive influence in their sexual relationships; such persons are of olfactory type. In other persons smell has no part in constituting sexual relationships, but it comes into play in the intimate association of love, and acts as an additional excitant; when reinforced by association such olfactory impressions may at times prove irresistible. Other persons, again, are neutral in this respect, and remain indifferent either to the sympathetic or antipathetic working of personal odors, unless they happen to be extremely marked. It is probable that the majority of refined and educated people belong to the middle group of those persons who are not of predominantly olfactory type, but are liable from time to time to be influenced in this manner. Women are probably at least as often affected in this manner as men, probably more often.

On the whole, it may be said that in the usual life of man odors play a not inconsiderable part and raise problems which are not without interest, but that their demonstrable part in actual sexual selection—whether in preferential mating or in assortative mating—is comparatively small.

HEARING.

I.

The Physiological Basis of Rhythm—Rhythm as a Physiological Stimulus—The Intimate Relation of Rhythm to Movement—The Physiological Influence of Music on Muscular Action, Circulation, Respiration, etc.—The Place of Music in Sexual Selection among the Lower Animals—Its Comparatively Small Place in Courtship among Mammals—The Larynx and Voice in Man—The Significance of the Pubertal Changes—Ancient Beliefs Concerning the Influence of Music in Morals, Education, and Medicine—Its Therapeutic Uses—Significance of the Romantic Interest in Music at Puberty—Men Comparatively Insusceptible to the Specifically Sexual Influence of Music—Rarity of Sexual Perversions on the Basis of the Sense of Hearing—The Part of Music in Primitive Human Courtship—Women Notably Susceptible to the Specifically Sexual Influence of Music and the Voice.

THE sense of rhythm—on which it may be said that the sensory exciting effects of hearing, including music, finally rest—may probably be regarded as a fundamental quality of neuromuscular tissue. Not only are the chief physiological functions of the body, like the circulation and the respiration, definitely rhythmical, but our senses insist on imparting a rhythmic grouping even to an absolutely uniform succession of sensations. It seems probable, although this view is still liable to be disputed, that this rhythm is the result of kinæsthetic sensations,—sensations arising from movement or tension started reflexly in the muscles by the external stimuli,—impressing themselves on the sensations that are thus grouped.¹ We may thus say, with Wilks, that music appears to have had its origin in muscular action.²

¹ This view has been more especially developed by J. B. Miner, *Motor, Visual, and Applied Rhythms*, Psychological Review Monograph Supplements, vol. v, No. 4, 1903.

² Sir S. Wilks, *Medical Magazine*, January, 1894; cf. Clifford Allbutt, "Music, Rhythm, and Muscle," *Nature*, February 8, 1894.

Whatever its exact origin may be, rhythm is certainly very deeply impressed on our organisms. The result is that, whatever lends itself to the neuro-muscular rhythmical tendency of our organisms, whatever tends still further to heighten and develop that rhythmical tendency, exerts upon us a very decidedly stimulating and exciting influence.

All muscular action being stimulated by rhythm, in its simple form or in its more developed form as music, rhythm is a stimulant to work. It has even been argued by Bücher and by Wundt¹ that human song had its chief or exclusive origin in rhythmical vocal accompaniments to systematized work. This view cannot, however, be maintained; systematized work can scarcely be said to exist, even to-day, among most very primitive races; it is much more probable that rhythmical song arose at a period antecedent to the origin of systematized work, in the primitive military, religious, and erotic dances, such as exist in a highly developed degree among the Australians and other savage races who have not evolved co-ordinated systematic labor. There can, however, be no doubt that as soon as systematic work appears the importance of vocal rhythm in stimulating its energy is at once everywhere recognized. Bücher has brought together innumerable examples of this association, and in the march music of soldiers and the heaving and hoisting songs of sailors we have instances that have universally persisted into civilization, although in civilization the rhythmical stimulation of work, physiologically sound as is its basis, tends to die out. Even in the laboratory the influence of simple rhythm in increasing the output of work may be demonstrated, and Féré found with the ergograph that a rhythmical grouping of the movements caused an increase of energy which often more than compensated the loss of time caused by the rhythm.²

¹ Bücher, *Arbeit und Rhythmus*, third edition, 1902; Wundt, *Völkerpsychologie*, 1900, Part I, p. 265.

² Féré deals fully with the question in his book, *Travail et Plaisir*, 1904, Chapter III, "Influence du Rythme sur le Travail."

Rhythm is the most primitive element of music, and the most fundamental. Wallaschek, in his book on *Primitive Music*, and most other writers on the subject are agreed on this point. "Rhythm," remarks an American anthropologist,¹ "naturally precedes the development of any fine perception of differences in pitch, of time-quality, or of tonality. Almost, if not all, Indian songs," he adds, "are as strictly developed out of modified repetitions of a motive as are the movements of a Mozart or a Beethoven symphony." "In all primitive music," asserts Alice C. Fletcher,² "rhythm is strongly developed. The pulsations of the drum and the sharp crash of the rattles are thrown against each other and against the voice, so that it would seem that the pleasure derived by the performers lay not so much in the tonality of the song as in the measured sounds arrayed in contesting rhythm, and which by their clash start the nerves and spur the body to action, for the voice which alone carries the tone is often subordinated and treated as an additional instrument." Groos points out that a melody gives us the essential impression of a *voice that dances*,³ it is a translation of spatial movement into sound, and, as we shall see, its physiological action on the organism is a reflection of that which, as we have elsewhere found,⁴ dancing itself produces, and thus resembles that produced by the sight of movement. Dancing, music, and poetry were primitively so closely allied as to be almost identical; they were still inseparable among the early Greeks. The refrains in our English ballads indicate the dancer's part in them. The technical use of the word "foot" in metrical matters still persists to show that a poem is fundamentally a dance.

Aristotle seems to have first suggested that rhythm and melodies are motions, as actions are motions, and therefore signs of feeling.

¹ Fillmore, "Primitive Scales and Rhythms," *Proceedings of the International Congress of Anthropology*, Chicago, 1893.

² "Love Songs among the Omaha Indians," in *Proceedings of same congress*.

³ Groos, *Spieler der Menschen*, p. 33.

⁴ "Analysis of the Sexual Impulse," *Studies in the Psychology of Sex*, vol. iii.

"All melodies are motions," says Helmholtz. "Graceful rapidity, grave procession, quiet advance, wild leaping, all these different characters of motion and a thousand others can be represented by successions of tones. And as music expresses these motions it gives an expression also to those mental conditions which naturally evoke similar motions, whether of the body and the voice, or of the thinking and feeling principle itself." (Helmholtz, *On the Sensations of Tone*, translated by A. J. Ellis, 1885, p. 250.)

From another point of view the motor stimulus of music has been emphasized by Cyples: "Music connects with the only sense that can be perfectly manipulated. Its emotional charm has struck men as a great mystery. There appears to be no doubt whatever that it gets all the marvelous effects it has beyond the mere pleasing of the ear, from its random, but multitudinous summonses of the efferent activity, which at its vague challenges stirs unceasingly in faintly tumultuous irrelevancy. In this way, music arouses aimlessly, but splendidly, the sheer, as yet unfulfilled, potentiality within us." (W. Cyples, *The Process of Human Experience*, p. 743.)

The fundamental element of transformed motion in music has been well brought out in a suggestive essay by Goblot ("La Musique Descriptive," *Revue Philosophique*, July, 1901): "Sung or played, melody figures to the ear a successive design, a moving arabesque. We talk of *ascending* and *descending* the gamut, of *high* notes or *low* notes; the higher voice of woman is called *soprano*, or *above*, the deeper voice of man is called *bass*. *Grave* tones were so called by the Greeks because they seemed heavy and to incline downward. Sounds seem to be subject to the action of gravity; so that some rise and others fall. Baudelaire, speaking of the prelude to *Lohengrin*, remarks: 'I felt myself *delivered from the bonds of weight*.' And when Wagner sought to represent, in the highest regions of celestial space, the apparition of the angels bearing the Holy Grail to earth, he uses very high notes, and a kind of chorus played exclusively by the violins, divided into eight parts, in the highest notes of their register. The descent to earth of the celestial choir is rendered by lower and lower notes, the progressive disappearance of which represents the reascension to the ethereal regions.

"Sounds seem to rise and fall; that is a fact. It is difficult to explain it. Some have seen in it a habit derived from the usual notation by which the height of the note corresponds to its height in the score. But the impression is too deep and general to be explained by so superficial and recent a cause. It has been suggested also that high notes are generally produced by small and light bodies, low notes by heavy bodies. But that is not always true. It has been said, again,

that high notes in nature are usually produced by highly placed objects, while low notes arise from caves and low placed regions. But the thunder is heard in the sky, and the murmur of a spring or the song of a cricket arise from the earth. In the human voice, again, it is said, the low notes seem to resound in the chest, high notes in the head. All this is unsatisfactory. We cannot explain by such coarse analogies an impression which is very precise, and more sensible (this fact has its importance) for an interval of half a tone than for an interval of an octave. It is probable that the true explanation is to be found in the still little understood connection between the elements of our nervous apparatus.

"Nearly all our emotions tend to produce movement. But education renders us economical of our acts. Most of these movements are repressed, especially in the adult and civilized man, as harmful, dangerous, or merely useless. Some are not completed, others are reduced to a faint incitation which externally is scarcely perceptible. Enough remain to constitute all that is expressive in our gestures, physiognomy, and attitudes. Melodic intervals possess in a high degree this property of provoking impulses of movement, which, even when repressed, leave behind internal sensations and motor images. It would be possible to study these facts experimentally if we had at our disposition a human being who, while retaining his sensations and their motor reactions, was by special circumstances rendered entirely spontaneous like a sensitive automaton, whose movements were neither intentionally produced nor intentionally repressed. In this way, melodic intervals in a hypnotized subject might be very instructive."

A number of experiments of the kind desired by Goblott had already been made by A. de Rochas in a book, copiously illustrated by very numerous instantaneous photographs, entitled *Les Sentiments, la Musique et la Geste*, 1900. Chapter III. De Rochas experimented on a single subject, Lina, formerly a model, who was placed in a condition of slight hypnosis, when various simple fragments of music were performed: recitatives, popular airs, and more especially national dances, often from remote parts of the world. The subject's gestures were exceedingly marked and varied in accordance with the character of the music. It was found that she often imitated with considerable precision the actual gestures of dances she could never have seen. The same music always evoked the same gestures, as was shown by instantaneous photographs. This subject, stated to be a chaste and well-behaved girl, exhibited no indications of definite sexual emotion under the influence of any kind of music. Some account is given in the same volume of other hypnotic experiments with music which were also negative as regards specific sexual phenomena.

It must be noted that, as a physiological stimulus, a single musical note is effective, even apart from rhythm, as is well shown by Féré's experiments with the dynamometer and the ergograph.¹ It is, however, the influence of music on muscular work which has been most frequently investigated, and both on brief efforts with the dynamometer and prolonged work with the ergograph it has been found to exert a stimulating influence. Thus, Scripture found that, while his own maximum thumb and finger grip with the dynamometer is 8 pounds, when the giant's motive from Wagner's *Rheingold* is played it rises to 8¾ pounds.² With the ergograph Tarchanoff found that lively music, in nervously sensitive persons, will temporarily cause the disappearance of fatigue, though slow music in a minor key had an opposite effect.³ The varying influence on work with the ergograph of different musical intervals and different keys has been carefully studied by Féré with many interesting results. There was a very considerable degree of constancy in the results. Discords were depressing; most, but not all, major keys were stimulating; and most, but not all, minor keys depressing. In states of fatigue, however, the minor keys were more stimulating than the major, an interesting result in harmony with that stimulating influence of various painful emotions in states of organic fatigue which we have elsewhere encountered when investigating sadism.⁴ "Our musical culture," Féré remarks, "only renders more perceptible to us the unconscious relationships which exist between musical art and our organisms. Those whom we consider more endowed in this respect have a deeper penetration of the phenomena accomplished within them; they feel more profoundly the marvelous reactions between the organism and the principles of musical art, they experience more strongly that art is

¹ Féré, *Sensation et Mouvement*, Chapter V; *id.*, *Travail et Plaisir*, Chapter XII.

² Scripture, *Thinking, Feeling, Doing*, p. 85.

³ Tarchanoff, "Influence de la Musique sur l'Homme et sur les Animaux," *Atti dell' XI Congresso Medico Internazionale*, Rome, 1894, vol. ii, p. 153; also in *Archives Italiennes de Biologie*, 1894.

⁴ "Love and Pain," *Studies in the Psychology of Sex*, vol. iii.

within them."¹ Both the higher and the lower muscular processes, the voluntary and the involuntary, are stimulated by music. Darlington and Talbot, in Titchener's laboratory at Cornell University, found that the estimation of relative weights was aided by music.² Lombard found, when investigating the normal variations in the knee-jerk, that involuntary reflex processes are always reinforced by music; a military band playing a lively march caused the knee-jerk to increase at the loud passages and to diminish at the soft passages, while remaining always above the normal level.³

With this stimulating influence of rhythm and music on the neuro-muscular system—which may or may not be direct—there is a concomitant influence on the circulatory and breathing apparatus. During recent years a great many experiments have been made on man and animals bearing on the effects of music on the heart and respiration. Perhaps the earliest of these were carried out by the Russian physiologist Dogiel in 1880.⁴ His methods were perhaps defective and his results, at all events as regards man, uncertain, but in animals the force and rapidity of the heart were markedly increased. Subsequent investigations have shown very clearly the influence of music on the circulatory and respiratory systems in man as well as in animals. That music has an apparently direct influence on the circulation of the brain is shown by the observations of Patrizi on a youth who had received a severe wound of the head which had removed a large portion of the skull wall. The stimulus of

¹ Féré, *Travail et Plaisir*, Chapter XII, "Action Physiologique des Sens Musicaux." "A practical treatise on harmony," Goblot remarks (*Revue Philosophique*, July, 1901, p. 61), "ought to tell us in what way such an interval, or such a succession of intervals, affects us. A theoretical treatise on harmony ought to tell us the explanation of these impressions. In a word, musical harmony is a psychological science." He adds that this science is very far from being constituted yet; we have hardly even obtained a glimpse of it.

² *American Journal of Psychology*, April, 1898.

³ *American Journal of Psychology*, November, 1887. The influence of rhythm on the involuntary muscular system is indicated by the occasional effect of music in producing a tendency to contraction of the bladder.

⁴ *Archiv für Anatomie und Physiologie* (Physiologisches Abtheilung), 1880, p. 420.

melody produced an immediate increase in the afflux of blood to the brain.¹

In Germany the question was investigated at about the same time by Mentz.² Observing the pulse with a sphygmograph and Marey tambour he found distinct evidence of an effect on the heart; when attention was given to the music the pulse was quickened, in the absence of attention it was slowed; Mentz also found that pleasurable sensations tended to slow the pulse and disagreeable ones to quicken it.

Binet and Courtier made an elaborate series of experiments on the action of music on the respiration (with the double pneumograph), the heart, and the capillary circulation (with the plethysmograph of Hallion and Comte) on a single subject, a man very sensitive to music and himself a cultured musician. Simple musical sounds with no emotional content accelerated the respiration without changing its regularity or amplitude. Musical fragments, mostly sung, usually well known to the subject, and having an emotional effect on him, produced respiratory irregularity either in amplitude or rapidity of breathing, in two-thirds of the trials. Exciting music, such as military marches, accelerated the breathing more than sad melodies, but the intensity of the excitation had an effect at least as great as its quality, for intense excitations always produced both quickened and deeper breathing. The heart was quickened in harmony with the quickened breathing. Neither breathing nor heart was ever slowed. As regards the capillary pulsation, an influence was exerted chiefly, if not exclusively, by gay and exciting melodies, which produced a shrinking. Throughout the experiments it was found that the most profound physiological effects were exerted by those pieces which the subject found to be most emotional in their influence on him.³

¹ M. L. Patrizi, "Primi esperimenti intorno all' influenza della musica sulla circolazione del sangue nel cervello umano," *International Congress für Psychologie*, Munich, 1897, p. 176.

² *Philosophische Studien*, vol. xi.

³ Binet and Courtier, "La Vie Emotionelle," *Année Psychologique*, Third Year, 1897, pp. 104-125.

Guibaud studied the question on a number of subjects, confirming and extending the conclusions of Binet and Courrier. He found that the reactions of different individuals varied, but that for the same individual reactions were constant. Circulatory reaction was more often manifest than respiratory reaction. The latter might be either a simultaneous modification of depth and of rapidity or of either of these. The circulatory reaction was a peripheral vasoconstriction with diminished fullness of pulse and slight acceleration of cardiac rhythm; there was never any distinct slowing of heart under the influence of music. Guibaud remarks that when people say they feel a shudder at some passage of music, this sensation of cold finds its explanation in the production of a peripheral vasoconstriction which may be registered by the plethysmograph.¹

Since music thus directly and powerfully affects the chief vital processes, it is not surprising that it should indirectly influence various viscera and functions. As Tarchanoff and others have demonstrated, it affects the skin, increasing the perspiration; it may produce a tendency to tears; it sometimes produces desire to urinate, or even actual urination, as in Scaliger's case of the Gascon gentleman who was always thus affected on hearing the bagpipes. In dogs it has been shown by Tarchanoff and Wartanoff that auditory stimulation increases the consumption of oxygen 20 per cent., and the elimination of carbonic acid 17 per cent.

In addition to the effects of musical sound already mentioned, it may be added that, as Epstein, of Berne, has shown,² the other senses are stimulated under the influence of sound, and notably there is an increase in acuteness of vision which may be experimentally demonstrated. It is probable that this effect of music in heightening the impressions received by the other senses is of considerable significance from our present point of view.

¹ Guibaud, *Contribution à l'étude expérimentale de l'influence de la musique sur la circulation et la respiration*. Thèse de Bordeaux, 1898, summarized in *Année Psychologique*, Year, 1899, pp. 645-649.

² *International*

Berne, 1895.

Why are musical tones in a certain order and rhythm pleasurable? asked Darwin in *The Descent of Man*, and he concluded that the question was insoluble. We see that, in reality, whatever the ultimate answer may be, the immediate reason is quite simple. Pleasure is a condition of slight and diffused stimulation, in which the heart and breathing are faintly excited, the neuro-muscular system receives additional tone, the viscera gently stirred, the skin activity increased; and certain combinations of musical notes and intervals act as a physiological stimulus in producing these effects.¹

Among animals of all kinds, from insects upward, this physiological action appears to exist, for among nearly all of them certain sounds are agreeable and attractive, and other sounds indifferent and disagreeable. It appears that insects of quite different genera show much appreciation of the song of the Cicada.² Birds show intense interest in the singing of good performers even of other species. Experiments among a variety of animals in the Zoölogical Gardens with performances on various instruments showed that with the exception of seals none were indifferent, and all felt a discord as offensive. Many animals showed marked likes and dislikes; thus, a tiger, who was obviously soothed by the violin, was infuriated by the piccolo; the violin and the flute were preferred by most animals.³

Most persons have probably had occasion to observe the susceptibility of dogs to music. It may here suffice to give one personal observation. A dog (of mixed breed, partly collie), very well known to me, on hearing a nocturne of Chopin, whined and howled, especially at the more pathetic passages, once or twice catching and drawing out the actual note played; he panted, walked about anxiously, and now and then placed his head on the player's lap. When the player pro-

¹ The influence of association plays no necessary part in these pleasurable influences, for Féré's experiments show that an unmusical subject responds physiologically, with much precision, to musical intervals he is unable to recognize. R. MacDougall also finds that the effective quality of rhythmical sequences does not appear to be dependent on secondary associations (*Psychological Review*, January, 1903).

² R. T. Lewis, in *Nature Notes*, August, 1891.

³ Cornish, "Orpheus at the Zoo," in *Life at the Zoo*, pp. 115-138.

ceeded to a more cheerful piece by Grieg, the dog at once became indifferent, sat down, yawned, and scratched himself; but as soon as the player returned once more to the nocturne the dog at once repeated his accompaniment.

There can be no doubt that among a very large number of animals of most various classes, more especially among insects and birds, the attraction of music is supported and developed on the basis of sexual attraction, the musical notes emitted serving as a sexual lure to the other sex. The evidence on this point was carefully investigated by Darwin on a very wide basis.¹ It has been questioned, some writers preferring to adopt the view of Herbert Spencer,² that the singing of birds is due to "overflow of energy," the relation between courtship and singing being merely "a relation of concomitance." This view is no longer tenable; whatever the precise origin of the musical notes of animals may be,—and it is not necessary to suppose that sexual attraction had a large part in their first rudimentary beginnings,—there can now be little doubt that musical sounds, and, among birds, singing, play a very large part indeed in bringing the male and the female together.³ Usually, it would appear, it is the performance of the male that attracts the female; it is only among very simple and primitive musicians, like some insects, that the female thus attracts the male.⁴ The fact that it is nearly always one sex only that is thus musically gifted should alone have sufficed to throw suspicion on any but a sexual solution of this problem of animal song.

It is, however, an exceedingly remarkable fact that, although among insects and lower vertebrates the sexual influ-

¹ *Descent of Man*, Chapters XIII and XIX.

² "The Origin of Music" (1857), *Essays*, vol. ii.

³ Anyone who is in doubt on this point, as regards bird song, may consult the little book in which the evidence has been well summarized by Hübner, *Der Gesang der Vogel*, or the discussion in Groos's *Spiele der Thiere*, pp. 274 *et seq.*

⁴ Thus, mosquitoes are irresistibly attracted by music, and especially by those musical tones which resemble the buzzing of the female; the males alone are thus attracted. (Nuttall and Shipley, and Sir Hiram Maxim, quoted in *Nature*, October 31, 1901, p. 655, and in *Lancet*, February 22, 1902.)

ence of music is so large, and although among mammals and predominantly in man the emotional and æsthetic influence of music is so great, yet neither in man nor any of the higher mammals has music been found to exert a predominant sexual influence, or even in most cases any influence at all. Darwin, while calling attention to the fact that the males of most species of mammals use their vocal powers chiefly, and sometimes exclusively, during the breeding-season, adds that "it is a surprising fact that we have not as yet any good evidence that these organs are used by male mammals to charm the female.¹ From a very different standpoint, Féré, in studying the pathology of the human sexual instinct in the light of a very full knowledge of the available evidence, states that he knows of no detailed observations showing the existence of any morbid sexual perversions based on the sense of hearing, either in reference to the human voice or to instrumental music.²

When, however, we consider that not only in the animals most nearly related to man, but in man himself, the larynx and the voice undergo a marked sexual differentiation at puberty, it is difficult not to believe that this change has an influence on sexual selection and sexual psychology. At puberty there is a slight hyperæmia of the larynx, accompanied by rapid development alike of the larynx itself and of the vocal cords, which become larger and thicker, while there is an associated change in the voice, which deepens. All these changes are very slight in girls, but very pronounced in boys, whose voices are said to "break" and then become lower by at least an octave. The feminine larynx at puberty only increases in the proportion of 5 to 7, but the masculine larynx in the proportion of 5 to 10. The direct dependence of this change on the general sexual development is shown not merely by its occurrence at puberty, but by the fact that in eunuchs in whom

¹ *Descent of Man*, second edition, p. 567. Groos, in his discussion of music, also expresses doubt whether hearing plays a considerable part in the courtship of mammals, *Spiele der Menschen*, p. 22.

² Féré, *L'Instinct Sexuel*, second edition, p. 137.

the testicles have been removed before puberty the voice retains its childlike qualities.¹

As a matter of fact, I believe that we may attach a considerable degree of importance to the voice and to music generally as a method of sexual appeal. On this point I agree with Moll, who remarks that "the sense of hearing here plays a considerable part, and the stimulation received through the ears is much larger than is usually believed."³ I am not, however, inclined to think that this influence is considerable in its action on men, although Mantegazza remarks, doubtless with a certain truth, that "some women's voices cannot be heard with impunity." It is true that the ancients deprecated the sexual or at all events the effeminating influence of some kinds of music, but they seem to have regarded it as sedative rather than stimulating; the kind of music they approved of as martial and stimulating was the kind most likely to have sexual effects in predisposed persons.

The Chinese and the Greeks have more especially insisted on the ethical qualities of music and on its moralizing and demoralizing effects. Some three thousand years ago, it is stated, a Chinese emperor, believing that only they who understood music are capable of governing, distributed administrative functions in accordance with this belief. He acted entirely in accordance with Chinese morality. The texts of Confucianism (see translations in the "Sacred Books of the East Series") show clearly that music and ceremony (or social ritual in a wide sense) are regarded as the two main guiding influences of life—music as the internal guide, ceremony as the external guide, the former being looked upon as the more important.

Among the Greeks Menander said that to many people music is a powerful stimulant to love. Plato, in the third book of the *Republic*, discusses what kinds of music should be encouraged in his ideal state. He does not clearly state that music is ever a sexual stimulant, but he appears to associate plaintive music (mixed Lydian and Hypolydian)

¹ See Biérent, *La Puberté*, Chapter IV; also Havelock Ellis, *Man and Woman*, fourth edition, pp. 270-272. Endriss (*Die Bisherigen Beobachtungen von Physiologischen und Pathologischen Beziehungen der oberen Luftwege zu den Sexualorganen*, Teil III) brings together various observations on the normal and abnormal relations of the larynx to the sexual sphere.

² Moll, *Untersuchungen über die Libido Sexualis*, bd. 1, p. 133.

with drunkenness, effeminacy, and idleness and considers that such music is "useless even to women that are to be virtuously given, not to say to men." He only admits two kinds of music: one violent and suited to war, the other tranquil and suited to prayer or to persuasion. He sets out the ethical qualities of music with a thoroughness which almost approaches the great Chinese philosopher: "On these accounts we attach such importance to a musical education, because rhythm and harmony sink most deeply into the recesses of the soul, and take most powerful hold of it, bringing gracefulness in their train, and making a man graceful if he be rightly nurtured, . . . leading him to commend beautiful objects, and gladly receive them into his soul, and feed upon them, and grow to be noble and good." Plato is, however, by no means so consistent and thorough as the Chinese moralist, for having thus asserted that it is the influence of music which molds the soul into virtue, he proceeds to destroy his position with the statement that "we shall never become truly musical until we know the essential forms of temperance and courage and liberality and munificence," thus moving in a circle. It must be added that the Greek conception of music was very comprehensive and included poetry.

Aristotle took a wider view of music than Plato and admitted a greater variety of uses for it. He was less anxious to exclude those uses which were not strictly ethical. He disapproved, indeed, of the Phrygian harmony as the expression of Bacchic excitement. He accepts, however, the function of music as a *katharsis* of emotion, a notion which is said to have originated with the Pythagoreans. (For a discussion of Aristotle's views on music, see W. L. Newman, *The Politics of Aristotle*, vol. i, pp. 359-369.)

Athenæus, in his frequent allusions to music, attributes to it many intellectual and emotional properties (e.g., Book XIV, Chapter XXV) and in one place refers to "melodies inciting to lawless indulgence" (Book XIII, Chapter LXXV).

We may gather from the *Priapeia* (XXVI) that cymbals and castanets were the special accompaniment in antiquity of wanton songs and dances: "*cymbala cum crotalis, pruriginis arma.*"

The ancient belief in the moralizing influence of music has survived into modern times mainly in a somewhat more scientific form as a belief in its therapeutic effects in disordered nervous and mental conditions. (This also is an ancient belief as witnessed by the well-known example of David playing to Saul to dispel his melancholia.) In 1729 an apothecary of Oakham, Richard Broune, published a work entitled *Medicina Musica*, in which he argued that music was beneficial in many maladies. In more recent days there have been various experiments and cases brought forward showing its efficacy in special conditions.

An American physician (W. F. Hutchinson) has shown that anaesthesia may be produced with accurately made tuning forks at certain rates of vibration (summarized in the *British Medical Journal*, June 4, 1898). Ferrand in a paper read before the Paris Academy of Medicine in September, 1895, gives reasons for classing some kinds of music as powerful antispasmodics with beneficial therapeutic action. The case was subsequently reported of a child in whom night-terrors were eased by calming music in a minor key. The value of music in lunatic asylums is well recognized; see e.g., Näcke, *Revue de Psychiatrie*, October, 1897. Vaschide and Vurpas (*Comptes Rendus de la Société de Biologie*, December 13, 1902) have recorded the case of a girl of 20, suffering from mental confusion with excitation and central motor disequilibrium, whose muscular equilibrium was restored and movements rendered more co-ordinated and adaptive under the influence of music.

While there has been much extravagance in the ancient doctrine concerning the effects of music, the real effects are still considerable. Not only is this demonstrated by the experiments already referred to (p. 118), indicating the efficacy of musical sounds as physiological stimulants, but also by anatomical considerations. The roots of the auditory nerves, McKendrick has pointed out, are probably more widely distributed and have more extensive connections than those of any other nerve. The intricate connections of these nerves are still only being unraveled. This points to an explanation of how music penetrates to the very roots of our being, influencing by associational paths reflex mechanisms both cerebral and somatic, so that there is scarcely a function of the body that may not be affected by the rhythmical pulsations, melodic progressions, and harmonic combinations of musical tones. (*Nature*, June 15, 1899, p. 164.)

Just as we are not entitled from the ancient belief in the influence of music on morals or the modern beliefs in its therapeutic influence—even though this has sometimes gone to the length of advocating its use in impotence¹—to argue that music has a marked influence in exciting the specifically sexual instincts, neither are we entitled to find any similar argument in the fact that music is frequently associated with the love-feelings of youth. Men are often able to associate many of their earliest ideas of love in boyhood with women singing or playing; but in these cases it will always be found that the fascination was romantic and sentimental, and not specifically

¹ J. L. Roger, *Traité des Effets de la Musique*, 1803, pp. 234 and 342.

erotic.¹ In adult life the music which often seems to us to be most definitely sexual in its appeal (such as much of Wagner's *Tristan*) really produces this effect in part from the association with the story, and in part from the intellectual realization of the composer's effort to translate passion into æsthetic terms; the actual effect of the music is not sexual, and it can well be believed that the results of experiments as regards the sexual influence of the *Tristan* music on men under the influence of hypnotism have been, as reported, negative. Helmholtz goes so far as to state that the expression of sexual longing in music is identical with that of religious longing. It is quite true, again, that a soft and gentle voice seems to every normal man as to Lear "an excellent thing in woman," and that a harsh or shrill voice may seem to deaden or even destroy altogether the attraction of a beautiful face. But the voice is not usually in itself an adequate or powerful method of evoking sexual emotion in a man. Even in its supreme vocal manifestations the sexual fascination exerted by a great singer, though certainly considerable, cannot be compared with that commonly exerted by the actress. Cases have, indeed, been recorded—chiefly occurring, it is probable, in men of somewhat morbid nervous disposition—in which sexual attraction was exerted chiefly through the ear, or in which there was a special sexual sensibility to particular inflections or accents.² Féré mentions the case of a young man in hospital with acute arthritis who complained of painful erections whenever he heard through the door the very agreeable voice of the young woman (invisible to him) who superintended the linen.³ But these phenomena do not appear to be common, or, at all events, very pronounced. So far as my own inquiries

¹ A typical example occurs in the early life of History I in Appendix B to vol. iii of these *Studies*.

² Vaschide and Vurpas state (*Archives de Neurologie*, May, 1904) that in their experience music may facilitate sexual approaches in some cases of satiety, and that in certain pathological cases the sexual act can only be accomplished under the influence of music.

³ Féré, *L'Instinct Sexuel*, p. 137. Bloch (*Beiträge*, etc., vol. ii, p. 355) quotes some remarks of Kisternaecker's concerning the sound of women's garments and the way in which savages and sometimes civilized

go, only a small proportion of men would appear to experience definite sexual feelings on listening to music. And the fact that in woman the voice is so slightly differentiated from that of the child, as well as the very significant fact that among man's immediate or even remote ancestors the female's voice can seldom have served to attract the male, sufficiently account for the small part played by the voice and by music as a sexual allurements working on men.¹

It is otherwise with women. It may, indeed, be said at the outset that the reasons which make it antecedently improbable that men should be sexually attracted through hearing render it probable that women should be so attracted. The change in the voice at puberty makes the deeper masculine voice a characteristic secondary sexual attribute of man, while the fact that among mammals generally it is the male that is most vocal—and that chiefly, or even sometimes exclusively, at the rutting season—renders it antecedently likely that among mammals generally, including the human species, there is in the female an actual or latent susceptibility to the sexual significance of the male voice,² a susceptibility which, under the conditions of human civilization, may be transferred

women cultivate this rustling and clinking. Gutzkow, in his *Autobiography*, said that the *frou-frou* of a woman's dress was the music of the spheres to him.

¹ The voice is doubtless a factor of the first importance in sexual attraction among the blind. On this point I have no data. The expressiveness of the voice to the blind, and the extent to which their likes and dislikes are founded on vocal qualities, is well shown by an interesting paper written by an American physician, blind from early infancy, James Cocke, "The Voice as an Index to the Soul," *Arena*, January, 1894.

² Long before Darwin had set forth his theory of sexual selection Laycock had pointed out the influence which the voice of the male, among man and other animals, exerts on the female (*Nervous Diseases of Women*, p. 74). And a few years later the writer of a suggestive article on "Woman in her Psychological Relations" (*Journal of Psychological Medicine*, 1851) remarked: "The sonorous voice of the male man is exactly analogous in its effect on woman to the neigh and bellow of other animals. This voice will have its effect on an amorous or susceptible organization much in the same way as color and the other visual ovarian stimuli." The writer adds that it exercises a still more important influence when modulated to music: "in this respect man has something in common with insects as well as birds."

to music generally. It is noteworthy that in novels written by women there is a very frequent attentiveness to the qualities of the hero's voice and to its emotional effects on the heroine.¹ We may also note the special and peculiar personal enthusiasm aroused in women by popular musicians, a more pronounced enthusiasm than is evoked in them by popular actors.

As an interesting example of the importance attached by women novelists to the effects of the male voice I may refer to George Eliot's *Mill on the Floss*, probably the most intimate and personal of George Eliot's works. In Book VI of this novel the influence of Stephen Guest (a somewhat commonplace young man) over Maggie Tulliver is ascribed almost exclusively to the effect of his base voice in singing. We are definitely told of Maggie Tulliver's "sensibility to the supreme excitement of music." Thus, on one occasion, "all her intentions were lost in the vague state of emotion produced by the inspiring duet—emotion that seemed to make her at once strong and weak: strong for all enjoyment, weak for all resistance. Poor Maggie! She looked very beautiful when her soul was being played on in this way by the inexorable power of sound. You might have seen the slightest perceptible quivering through her whole frame as she leaned a little forward, clapping her hands as if to steady herself; while her eyes dilated and brightened into that wideopen, childish expression of wondering delight, which always came back in her happiest moments." George Eliot's novels contain many allusions to the powerful emotional effects of music.

It is unnecessary to refer to Tolstoy's *Kreutzer Sonata*, in which music is regarded as the Galeotto to bring lovers together—"the connecting bond of music, the most refined lust of the senses."

In primitive human courtship music very frequently plays a considerable part, though not usually the sole part, being generally found as the accompaniment of the song and the dance at erotic festivals.² The Gilas, of New Mexico, among whom courtship consists in a prolonged serenade day after day with the flute, furnish a somewhat exceptional case. Savage women

¹ Groos refers more than once to the important part played in German novels written by women by what one of them terms the "bearded male voice."

² Various instances are quoted in the third volume of these *Studies* when discussing the general phenomena of courtship and tumescence, "An Analysis of the Sexual Impulse."

are evidently very attentive to music; Backhouse (as quoted by Ling Roth¹) mentions how a woman belonging to the very primitive and now extinct Tasmanian race, when shown a musical box, listened "with intensity; her ears moved like those of a dog or horse, to catch the sound."

I have found little evidence to show that music, except in occasional cases, exerts even the slightest specifically sexual effect on men, whether musical or unmusical. But I have ample evidence that it very frequently exerts to a slight but definite extent such an influence on women, even when quite normal. Judging from my own inquiries it would, indeed, seem likely that the majority of normal educated women are liable to experience some degree of definite sexual excitement from music; one states that orchestral music generally tends to produce this effect; another finds it chiefly from Wagner's music; another from military music, etc. Others simply state—what, indeed, probably expresses the experience of most persons of either sex—that it heightens one's mood. One lady mentions that some of her friends, whose erotic feelings are aroused by music, are especially affected in this way by the choral singing in Roman Catholic churches.²

In the typical cases just mentioned, all fairly normal and healthy women, the sexual effects of music though definite were usually quite slight. In neuropathic subjects they may occasionally be more pronounced. Thus, a medical correspondent has communicated to me the case of a married lady with one child, a refined, very beautiful, but highly neurotic, woman, married to a man with whom she has nothing in common. Her tastes lie in the direction of music; she is a splendid pianist, and her highly trained voice would have made a fortune. She confesses to strong sexual feelings and does not understand

¹ *The Tasmanians*, p. 20.

² An early reference to the sexual influence of music on women may perhaps be found in a playful passage in Swift's *Martinus Scriblerus* (possibly due to his medical collaborator, Arbuthnot): "Does not Ælian tell how the Libyan mares were excited to horsing by music? (which ought to be a caution to modest women against frequenting operas)." *Memoirs of Martinus Scriblerus*, Book I, Chapter 6. (The reference is to Ælian, *Hist. Animal*, lib. XI, cap. 18, and lib. XII, cap. 44.)

why intercourse never affords what she knows she wants. But the hearing of beautiful music, or at times the excitement of her own singing, will sometimes cause intense orgasm.

Vaschide and Vurpas, who emphasize the sexually stimulating effects of music, only bring forward one case in any detail, and it is doubtless significant that this case is a woman. "While listening to a piece of music X changes expression, her eyes become bright, the features are accentuated, a smile begins to form, an expression of pleasure appears, the body becomes more erect, there is a general muscular hypertonicity. X tells us that as she listens to the music she experiences sensations very like those of normal intercourse. The difference chiefly concerns the local genital apparatus, for there is no flow of vaginal mucus. On the psychic side the resemblance is marked." (Vaschide and Vurpas, "Du Coefficient Sexual de l'Impulsion Musicale," *Archives de Neurologie*, May, 1904.)

It is sometimes said, or implied, that a woman (or a man) sings better under the influence of sexual emotion. The writer of an article already quoted, on "Woman in her Psychological Relations" (*Journal of Psychological Medicine*, 1851), mentions that "a young lady remarkable for her musical and poetical talents naively remarked to a friend who complimented her upon her singing: 'I never sing half so well as when I've had a love-fit.' " And George Eliot says, "There is no feeling, perhaps, except the extremes of fear and grief, that does not make a man sing or play the better." While, however, it may be admitted that some degree of general emotional exaltation may exercise a favorable influence on the singing voice, it is difficult to believe that definite physical excitement at or immediately before the exercise of the voice can, as a rule, have anything but a deleterious effect on its quality. It is recognized that tenors (whose voices resemble those of women more than basses, who are not called upon to be so careful in this respect) should observe rules of sexual hygiene; and menstruation frequently has a definite influence in impairing the voice (H. Ellis, *Man and Woman*, fourth edition, p. 290). As the neighborhood of menstruation is also the period when sexual excitement is most likely to be felt, we have here a further indication that sexual emotion is not favorable to singing. I agree with the remarks of a correspondent, a musical amateur, who writes: "Sexual excitement and good singing do not appear to be correlated. A woman's emotional capacity in singing or acting may be remotely associated with hysterical neuroses, but is better evinced for art purposes in the absence of disturbing sexual influences. A woman may, indeed, fancy herself the heroine of a wanton romance and 'let herself go' a little in singing with improved results. But a memory of sexual ardors will help no woman to make the best of

her voice in training. Some women can only sing their best when they think of the other women they are outsinging. One girl 'lets her soul go out into her voice' thinking of jamroll, another thinking of her lover (when she has none), and most, no doubt, when they think of nothing. But no woman is likely to 'find herself' in an artistic sense because she has lost herself in another sense—not even if she has done so quite respectably."

The reality of the association between the sexual impulse and music—and, indeed, art generally—is shown by the fact that the evolution of puberty tends to be accompanied by a very marked interest in musical and other kinds of art. Lancaster, in a study of this question among a large number of young people (without reference to difference in sex, though they were largely female), found that from 50 to 75 per cent. of young people feel an impulse to art about the period of puberty, lasting a few months, or at most a year or two. It appears that 464 young people showed an increased and passionate love for music, against only 102 who experienced no change in this respect. The curve culminates at the age of 15 and falls rapidly after 16. Many of these cases were really quite unmusical.¹

¹ E. Lancaster, "Psychology of Adolescence," *Pedagogical Seminary*, July, 1897.

II.

Summary—Why the Influence of Music in Human Sexual Selection is Comparatively Small.

We have seen that it is possible to set forth in a brief space the facts at present available concerning the influence on the pairing impulse of stimuli acting through the ear. They are fairly simple and uncomplicated; they suggest few obscure problems which call for analysis; they do not bring before us any remarkable perversions of feeling.

At the same time, the stimuli to sexual excitement received through the sense of hearing, although very seldom of exclusive or preponderant influence, are yet somewhat more important than is usually believed. Primarily the voice, and secondarily instrumental music, exert a distinct effect in this direction, an effect representing a specialization of a generally stimulating physiological influence which all musical sounds exercise upon the organism. There is, however, in this respect, a definite difference between the sexes. It is comparatively rare to find that the voice or instrumental music, however powerful its generally emotional influence, has any specifically sexual effect on men. On the other hand, it seems probable that the majority of women, at all events among the educated classes, are liable to show some degree of sexual sensibility to the male voice or to instrumental music.

It is not surprising to find that music should have some share in arousing sexual emotion when we bear in mind that in the majority of persons the development of sexual life is accompanied by a period of special interest in music. It is not unexpected that the specifically sexual effects of the voice and music should be chiefly experienced by women when we remember that not only in the human species is it the male in whom the larynx and voice are chiefly modified at puberty, but that among mammals generally it is the male who is chiefly or exclusively vocal at the period of sexual activity; so that any

sexual sensibility to vocal manifestations must be chiefly or exclusively manifested in female mammals.

At the best, however, although æsthetic sensibility to sound is highly developed and emotional sensibility to it profound and widespread, although women may be thrilled by the masculine voice and men charmed by the feminine voice, it cannot be claimed that in the human species hearing is a powerful factor in mating. This sense has here suffered between the lower senses of touch and smell, on the one hand, with their vague and massive appeal, and the higher sense, vision, on the other hand, with its exceedingly specialized appeal. The position of touch as the primary and fundamental sense is assured. Smell, though in normal persons it has no decisive influence on sexual attraction, acts by virtue of its emotional sympathies and antipathies, while, by virtue of the fact that among man's ancestors it was the fundamental channel of sexual sensibility, it furnishes a latent reservoir of impressions to which nervously abnormal persons, and even normal persons under the influence of excitement or of fatigue, are always liable to become sensitive. Hearing, as a sense for receiving distant perceptions has a wider field than is in man possessed by either touch or smell. But here it comes into competition with vision, and vision is, in man, the supreme and dominant sense.¹ We are always more affected by what we see than by what we hear. Men and women seldom hear each other without speedily seeing each other, and then the chief focus of interest is at once transferred to the visual centre.² In human sexual selection, therefore, hearing plays a part which is nearly always subordinated to that of vision.

¹ Nietzsche has even suggested that among primitive men delicacy of hearing and the evolution of music can only have been produced under conditions which made it difficult for vision to come into play: "The ear, the organ of fear, could only have developed, as it has, in the night and in the twilight of dark woods and caves. . . . In the brightness the ear is less necessary. Hence the character of music as an art of night and twilight." (*Morgenröthe*, p. 230.)

² At a concert most people are instinctively anxious to see the performers, thus distracting the purely musical impression, and the reasonable suggestion of Goethe that the performers should be invisible is still seldom carried into practice.

VISION.

I.

Primacy of Vision in Man—Beauty as a Sexual Allurement—The Objective Element in Beauty—Ideals of Feminine Beauty in Various Parts of the World—Savage Women sometimes Beautiful from European Point of View—Savages often Admire European Beauty—The Appeal of Beauty to some Extent Common even to Animals and Man.

VISION is the main channel by which man receives his impressions. To a large extent it has slowly superseded all the other senses. Its range is practically infinite; it brings before us remote worlds, it enables us to understand the minute details of our own structure. While apt for the most abstract or the most intimate uses, its intermediate range is of universal service. It furnishes the basis on which a number of arts make their appeal to us, and, while thus the most æsthetic of the senses, it is the sense on which we chiefly rely in exercising the animal function of nutrition. It is not surprising, therefore, that from the point of view of sexual selection vision should be the supreme sense, and that the love-thoughts of men have always been a perpetual meditation of beauty.

It would be out of place here to discuss comparatively the origins of our ideas of beauty. That is a question which belongs to æsthetics, not to sexual psychology, and it is a question on which æstheticians are not altogether in agreement. We need not even be concerned to make any definite assertion on the question whether our ideas of sexual beauty have developed under the influence of more general and fundamental laws, or whether sexual ideals themselves underlie our more general conceptions of beauty. Practically, so far as man and his immediate ancestors are concerned, the sexual and the extra-sexual factors of beauty have been interwoven from the first. The sexually beautiful object must have appealed to funda-

mental physiological aptitudes of reaction; the generally beautiful object must have shared in the thrill which the specifically sexual object imparted. There has been an inevitable action and reaction throughout. Just as we found that the sexual and the non-sexual influences of agreeable odors throughout nature are inextricably mingled, so it is with the motives that make an object beautiful to our eyes.¹

The sexual element in the constitution of beauty is well recognized even by those writers who concern themselves exclusively with the æsthetic conception of beauty or with its relation to culture. It is enough to quote two or three testimonies on this point. "The whole sentimental side of our æsthetic sensibility," remarks Santayana, "—without which it would be perceptive and mathematical rather than æsthetic,—is due to our sexual organization remotely stirred. . . . If anyone were desirous to produce a being with a great susceptibility to beauty, he could not invent an instrument better designed for that object than sex. Individuals that need not unite for the birth and rearing of each generation might retain a savage independence. For them it would not be necessary that any vision should fascinate, or that any languor should soften, the prying cruelty of the eye. But sex endows the individual with a dumb and powerful instinct, which carries his body and soul continually toward another; makes it one of the dearest enjoyments of his life to select and pursue a companion, and joins to possession the keenest pleasure, to rivalry the fiercest rage, and to solitude an eternal melancholy. What more could be needed to suffuse the world with the deepest meaning and beauty? The attention is fixed upon a well-defined object, and all the effects it produces in the mind are easily regarded as powers or qualities of that object. . . . To a certain extent this kind of interest will center in the proper object of sexual passion, and in the special characteristics of the opposite sex¹; and we find, accordingly, that woman is the most lovely object to man, and man, if female modesty would confess it, the most interesting to woman. But the effects of so fundamental and primitive a reaction are much more general. Sex is not the only object of sexual passion. When love lacks its specific object, when it does not yet understand itself, or has been sacrificed to some other interest, we see the stifled fire bursting out in various directions. . . . Passion then overflows

¹ "It is likely that all visible parts of the organism, even those with a definite physiological meaning, appeal to the æsthetic sense of the opposite sex," Poulton remarks, speaking primarily of insects, in words that apply still more accurately to the human species. E. Poulton, *The Colors of Animals*, 1890, p. 304.

and visibly floods those neighboring regions which it had always secretly watered. For the same nervous organization which sex involves, with its necessarily wide branchings and associations in the brain, must be partially stimulated by other objects than its specific or ultimate one; especially in man, who, unlike some of the lower animals, has not his instincts clearly distinct and intermittent, but always partially active, and never active in isolation. We may say, then, that for man all nature is a secondary object of sexual passion, and that to this fact the beauty of nature is largely due." (G. Santayana, *The Sense of Beauty*, pp. 59-62.)

Not only is the general fact of sexual attraction an essential element of æsthetic contemplation, as Santayana remarks, but we have to recognize also that specific sexual emotion properly comes within the æsthetic field. It is quite erroneous, as Groos well points out, to assert that sexual emotion has no æsthetic value. On the contrary, it has quite as much value as the emotion of terror or of pity. Such emotion must, however, be duly subordinated to the total æsthetic effect. (K. Groos, *Der Ästhetische Genuss*, p. 151.)

"The idea of beauty," Remy de Gourmont says, "is not an unmixed idea; it is intimately united with the idea of carnal pleasure. Stendhal obscurely perceived this when he defined beauty as 'a promise of happiness.' Beauty is a woman, and women themselves have carried docility to men so far as to accept this aphorism which they can only understand in extreme sexual perversion. . . . Beauty is so sexual that the only uncontested works of art are those that simply show the human body in its nudity. By its perseverance in remaining purely sexual Greek statuary has placed itself forever above all discussion. It is beautiful because it is a beautiful human body, such a one as every man or every woman would desire to unite with in the perpetuation of the race. . . . That which inclines to love seems beautiful; that which seems beautiful inclines to love. This intimate union of art and of love is, indeed, the only explanation of art. Without this genital echo art would never have been born and never have been perpetuated. There is nothing useless in these deep human depths; everything which has endured is necessary. Art is the accomplice of love. When love is taken away there is no art; when art is taken away love is nothing but a physiological need." (Remy de Gourmont, *Culture des Idées*, 1900, p. 103, and *Mercur de France*, August, 1901, pp. 298 et seq.)

Beauty as incarnated in the feminine body has to some extent become the symbol of love even for women. Colin Scott finds that it is common among women who are not inverted for female beauty whether on the stage or in art to arouse sexual emotion to a greater extent than male beauty, and this is confirmed by some of the histories I have re-

recorded in the Appendix to the third volume of these *Studies*. Scott considers that female beauty has come to be regarded as typical of ideal beauty, and thus tends to produce an emotional effect on both sexes alike. It is certainly rare to find any æsthetic admiration of men among women, except in the case of women who have had some training in art. In this matter it would seem that woman passively accepts the ideals of man. "Objects which excite a man's desire," Colin Scott remarks, "are often, if not generally, the same as those affecting woman. The female body has a sexually stimulating effect upon both sexes. Statues of female forms are more liable than those of male form to have a stimulating effect upon women as well as men. The evidence of numerous literary expressions seems to show that under the influence of sexual excitement a woman regards her body as made for man's gratification, and that it is this complex emotion which forms the initial stage, at least, of her own pleasure. Her body is the symbol for her partner, and indirectly for her, through his admiration of it, of their mutual joy and satisfaction." (Colin Scott, "Sex and Art," *American Journal of Psychology*, vol. vii, No. 2, p. 206; also private letter.)

At the same time it must be remembered that beauty and the conception of beauty have developed on a wider basis than that of the sexual impulse only, and also that our conceptions of the beautiful, even as concerns the human form, are to some extent objective, and may thus be in part reduced to law. Stratz, in his books on feminine beauty, and notably in *Die Schönheit des Weiblichen Körpers*, insists on the objective element in beauty. Papillault, again, when discussing the laws of growth and the beauty of the face, argues that beauty of line in the face is objective, and not a creation of fancy, since it is associated with the highest human functions, moral and social. He remarks on the contrast between the prehistoric man of Chancelade,—delicately made, with elegant face and high forehead,—who created the great Magdalenian civilization, and his seemingly much more powerful, but less beautiful, predecessor, the man of Spy, with enormous muscles and powerful jaws. (*Bulletin de la Société d'Anthropologie*, 1899, p. 220.)

The largely objective character of beauty is further indicated by the fact that to a considerable extent beauty is the expression of health. A well and harmoniously developed body, tense muscles, an elastic and finely toned skin, bright eyes, grace and animation of carriage—all these things which are essential to beauty are the conditions of health. It has not been demonstrated that there is any correlation between beauty and longevity, and the proof would not be easy to give, but it is quite probable that such a correlation may exist, and various indications point in this direction. One of the most delightful of Opie's

pictures is the portrait of Pleasance Reeve (afterward Lady Smith) at the age of 17. This singularly beautiful and animated brunette lived to the age of 104. Most people are probably acquainted with similar, if less marked, cases of the same tendency.

The extreme sexual importance of beauty, so far, at all events, as conscious experience is concerned is well illustrated by the fact that, although three other senses may and often do play a not inconsiderable part in the constitution of a person's sexual attractiveness,—the tactile element being, indeed, fundamental,—yet in nearly all the most elaborate descriptions of attractive individuals it is the visible elements that are in most cases chiefly emphasized. Whether among the lowest savages or in the highest civilization, the poet and story-teller who seeks to describe an ideally lovely and desirable woman always insists mainly, and often exclusively, on those characters which appeal to the eye. The richly laden word *beauty* is a synthesis of complex impressions obtained through a single sense, and so simple, comparatively, and vague are the impressions derived from the other senses that none of them can furnish us with any corresponding word.

Before attempting to analyze the conception of beauty, regarded in its sexual appeal to the human mind, it may be well to bring together a few fairly typical descriptions of a beautiful woman as she appears to the men of various nations.

In an Australian folklore story taken down from the lips of a native some sixty years ago by W. Dunlop (but evidently not in the native's exact words) we find this description of an Australian beauty: "A man took as his wife a beautiful girl who had long, glossy hair hanging around her face and down her shoulders, which were plump and round. Her face was adorned with red clay and her person wrapped in a fine large opossum rug fastened by a pin formed from the small bone of the kangaroo's leg, and also by a string attached to a wallet made of rushes neatly plaited of small strips skinned from their outside after they had been for some time exposed to the heat of the fire, which being thrown on her back, the string passing under one arm and across her breast, held the soft rug in a fanciful position of considerable elegance; and she knew well how to show to advantage her queenlike figure when she walked with her polished yam stick held in one of her small hands and her little feet appearing below the edge of the rug" (W. Dunlop, "Australian Folklore Stories," *Journal of the Anthropological Institute*, August and November, 1898, p. 27).

A Malay description of female beauty is furnished by Skeat. "The brow (of the Malay Helen for whose sake a thousand desperate battles are fought in Malay romances) is like the one-day-old moon; her eyebrows resemble 'pictured clouds,' and are 'arched like the fighting-cock's (artificial) spur'; her cheek resembles the 'sliced-off cheek of a mango'; her nose, 'an opening jasmine bud'; her hair, the 'wavy blossom shoots of the areca-palm'; slender is her neck, 'with a triple row of dimples'; her bosom ripening, her waist 'lissom as the stalk of a flower,' her head, 'of a perfect oval' (literally, bird's-egg shaped), her fingers like the leafy 'spears of lemon-grass' or the 'quills of the porcupine,' her eyes 'like the splendor of the planet Venus,' and her lips 'like the fissure of a pomegranate.'" (W. W. Skeat, *Malay Magic*, 1900, p. 303.)

In Mitford's *Tales of Old Japan* (vol. i, p. 215) a "peerlessly beautiful girl of 16" is thus described: "She was neither too fat nor too thin, neither too tall nor too short; her face was oval, like a melon-seed, and her complexion fair and white; her eyes were narrow and bright, her teeth small and even; her nose was aquiline, and her mouth delicately formed, with lovely red lips; her eyebrows were long and fine; she had a profusion of long black hair; she spoke modestly, with a soft, sweet voice, and when she smiled, two lovely dimples appeared in her cheeks; in all her movements she was gentle and refined." The Japanese belle of ancient times, Dr. Nagayo Sensai remarks (*Lancet*, February 15, 1890) had a white face, a long, slender throat and neck, a narrow chest, small thighs, and small feet and hands. Bälz, also, has emphasized the ethereal character of the Japanese ideal of feminine beauty, delicate, pale and slender, almost uncanny; and Stratz, in his interesting book, *Die Körperformen in Kunst und Leben der Japaner* (second edition, 1904), has dealt fully with the subject of Japanese beauty.

The Singalese are great connoisseurs of beauty, and a Kandyan deeply learned in the matter gave Dr. Davy the following enumeration of a woman's points of beauty: "Her hair should be voluminous, like the tail of the peacock, long, reaching to her knees, and terminating in graceful curls; her eyebrows should resemble the rainbow, her eyes, the blue sapphire and the petals of the blue manilla-flower. Her nose should be like the bill of the hawk; her lips should be bright and red, like coral or the young leaf of the iron-tree. Her teeth should be small, regular, and closely set, and like jessamine buds. Her neck should be large and round, resembling the berrigodea. Her chest should be capacious; her breasts, firm and conical, like the yellow cocoa-nut, and her waist small—almost small enough to be clasped by the hand. Her hips should be wide; her limbs tapering; the soles of her feet, without any hollow, and the surface of her body in general soft, delicate, smooth, and rounded, without the asperities of

projecting bones and sinews." (J. Davy, *An Account of the Interior of Ceylon*, 1821, p. 110.)

The "Padmini," or lotus-woman, is described by Hindu writers as the type of most perfect feminine beauty. "She in whom the following signs and symptoms appear is called a *Padmini*: Her face is pleasing as the full moon; her body, well clothed with flesh, is as soft as the Shiras or mustard flower; her skin is fine, tender, and fair as the yellow lotus, never dark colored. Her eyes are bright and beautiful as the orbs of the fawn, well cut, and with reddish corners. Her bosom is hard, full, and high; she has a good neck; her nose is straight and lovely; and three folds or wrinkles cross her middle—about the umbilical region. Her *yoni* [vulva] resembles the opening lotus bud, and her love-seed is perfumed like the lily that has newly burst. She walks with swanlike [more exactly, flamingolike] gait, and her voice is low and musical as the note of the Kokila bird [the Indian cuckoo]; she delights in white raiment, in fine jewels, and in rich dresses. She eats little, sleeps lightly, and being as respectful and religious as she is clever and courteous, she is ever anxious to worship the gods and to enjoy the conversation of Brahmans. Such, then, is the Padmini, or lotus-woman." (*The Kama Sutra of Vatsyayana*, 1883, p. 11.)

The Hebrew ideal of feminine beauty is set forth in various passages of the *Song of Songs*. The poem is familiar, and it will suffice to quote one passage:—

"How beautiful are thy feet in sandals, O prince's daughter!
 Thy rounded thighs are like jewels,
 The work of the hands of a cunning workman.
 Thy navel is like a rounded goblet
 Wherein no mingled wine is wanting;
 Thy belly is like a heap of wheat
 Set about with lilies.
 Thy two breasts are like two fawns
 They are twins of a roe.
 Thy neck is like the tower of ivory;
 Thine eyes as the pools in Heshbon, by the gate of Bathrabbim;
 Thy nose is like the tower of Lebanon
 That looketh toward Damascus.
 Thine head upon thee is like Carmel
 And the hair of thine head like purple;
 The king is held captive in the tresses thereof.
 This thy stature is like to a palm-tree,
 And thy breasts to clusters of grapes,
 And the smell of thy breath like apples,
 And thy mouth like the best wine."

And the man is thus described in the same poem:—

“My beloved is fair and ruddy,
 The chiefest among ten thousand.
 His head as the most fine gold,
 His locks are bushy (or curling), and black as a raven.
 His eyes are like doves beside the water-brooks,
 Washed with milk and fitly set.
 His cheeks are as a bed of spices, as banks of sweet herbs;
 His lips are as lilies, dropping liquid myrrh.
 His hands are as rings of gold, set with beryl;
 His body is as ivory work, overlaid with sapphires.
 His legs are as pillars of marble, set upon sockets of fine gold
 His aspect is like Lebanon, excellent as the cedars.
 His mouth is most sweet; yea, he is altogether lovely.”

“The maiden whose loveliness inspires the most impassioned expressions in Arabic poetry,” Lane states, “is celebrated for her slender figure: She is like the cane among plants, and is elegant as a twig of the oriental willow. Her face is like the full moon, presenting the strongest contrast to the color of her hair, which is of the deepest hue of night, and falls to the middle of her back (Arab ladies are extremely fond of full and long hair). A rosy blush overspreads the center of each cheek; and a mole is considered an additional charm. The Arabs, indeed, are particularly extravagant in their admiration of this natural beauty spot, which, according to its place, is compared to a drop of ambergris upon a dish of alabaster or upon the surface of a ruby. The eyes of the Arab beauty are intensely black,¹ large, and long, of the form of an almond: they are full of brilliancy; but this is softened by long silken lashes, giving a tender and languid expression that is full of enchantment and scarcely to be improved by the adventitious aid of the black border of kohl; for this the lovely maiden adds rather for the sake of fashion than necessity, having what the Arabs term natural kohl. The eyebrows are thin and arched; the forehead is wide and fair as ivory; the nose straight; the mouth, small; the lips of a brilliant red; and the teeth, like pearls set in coral. The forms of the bosom are compared to two pomegranates; the waist is slender; the hips are wide and large; the feet and hands, small; the fingers, tapering, and their extremities dyed with the deep orange tint imparted by the leaves of the henna.”

Lane adds a more minute analysis from an unknown author quoted by El-Ishákee: “Four things in a woman should be *black*—the

¹“The Arabs in general,” Lane remarks, “entertain a prejudice against blue eyes—a prejudice said to have arisen from the great number of blue-eyed persons among certain of their northern enemies.”

hair of the head, the eyebrows, the eyelashes, and the dark part of the eyes; four *white*—the complexion of the skin, the white of the eyes, the teeth, and the legs; four *red*—the tongue, the lips, the middle of the cheeks, and the gums; four *round*—the head, the neck, the forearms, and the ankles; four *long*—the back, the fingers, the arms, and the legs; four *wide*—the forehead, the eyes, the bosom, and the hips; four *fine*—the eyebrows, the nose, the lips, and the fingers; four *thick*—the lower part of the back, the thighs, the calves of the legs, and the knees; four *small*—the ears, the breasts, the hands, and the feet." (E. W. Lane, *Arabian Society in the Middle Ages*, 1883, pp. 214-216.)

A Persian treatise on the figurative terms relating to beauty shows that the hair should be black, abundant, and wavy, the eyebrows dark and arched. The eyelashes also must be dark, and like arrows from the bow of the eyebrows. There is, however, no insistence on the blackness of the eyes. We hear of four varieties of eye: the dark-gray eye (or narcissus eye); the narrow, elongated eye of Turkish beauties; the languishing, or love-intoxicated, eye; and the wine-colored eye. Much stress is laid on the quality of brilliancy. The face is sometimes described as brown, but more especially as white and rosy. There are many references to the down on the lips, which is described as greenish (sometimes bluish) and compared to herbage. This down and that on the cheeks and the stray hairs near the ears were regarded as very great beauties. A beauty spot on the chin, cheek, or elsewhere was also greatly admired, and evoked many poetic comparisons. The mouth must be very small. In stature a beautiful woman must be tall and erect, like the cypress or the maritime pine. While the Arabs admired the rosiness of the legs and thighs, the Persians insisted on white legs and compared them to silver and crystal. (*Anis El-Ochohâq*, by Shereef-Eddin Romi, translated by Huart, *Bibliothèque de l'École des Hautes Études*, Paris, fasc. 25, 1875.)

In the story of Kamaralzaman in the *Arabian Nights* El-Sett Budur is thus described: "Her hair is so brown that it is blacker than the separation of friends. And when it is arrayed in three tresses that reach to her feet I seem to see three nights at once.

"Her face is as white as the day on which friends meet again. If I look on it at the time of the full moon I see two moons at once.

"Her cheeks are formed of an anemone divided into two corollas; they have the purple tinge of wine, and her nose is straighter and more delicate than the finest sword-blade.

"Her lips are colored agate and coral; her tongue secretes eloquence; her saliva is more desirable than the juice of grapes.

"But her bosom, blessed be the Creator, is a living seduction. It bears twin breasts of the purest ivory, rounded, and that may be held within the five fingers of one hand.

"Her belly has dimples full of shade and arranged with the harmony of the Arabic characters on the seal of a Coptic scribe in Egypt. And the belly gives origin to her finely modeled and elastic waist.

"At the thought of her flanks I shudder, for thence depends a mass so weighty that it obliges its owner to sit down when she has risen and to rise when she lies.

"Such are her flanks, and from them descend, like white marble, her glorious thighs, solid and straight, united above beneath their crown. Then come the legs and the slender feet, so small that I am astounded they can bear so great a weight."

An Egyptian stela in the Louvre sings the praise of a beautiful woman, a queen who died about 700 B.C., as follows: "The beloved before all women, the king's daughter who is sweet in love, the fairest among women, a maid whose like none has seen. Blacker is her hair than the darkness of night, blacker than the berries of the blackberry bush (?). Harder are her teeth (?) than the flints on the sickle. A wreath of flowers is each of her breasts, close nestling on her arms." Wiedemann, who quotes this, adds: "During the whole classic period of Egyptian history with few exceptions (such, for example, as the reign of that great innovator, Amenophis IV) the ideal alike for the male and the female body was a slender and but slightly developed form. Under the Ethiopian rule and during the Ptolemaic period in Egypt itself we find, for the first time, that the goddesses are represented with plump and well-developed outlines. Examination of the mummies shows that the earlier ideal was based upon actual facts, and that in ancient Egypt slender, sinewy forms distinguished both men and women. Intermarriage with other races and harem life may have combined in later times to alter the physical type, and with it to change also the ideal of beauty." (A. Wiedemann, *Popular Literature in Ancient Egypt*, p. 7.)

Commenting on Plato's ideas of beauty in the *Banquet* Eméric-David gives references from Greek literature showing that the typical Greek beautiful woman must be tall, her body supple, her fingers long, her foot small and light, the eyes clear and moderately large, the eyebrows slightly arched and almost meeting, the nose straight and firm, nearly—but not quite—aquiline, the breath sweet as honey. (Eméric-David, *Recherches sur l'Art Statuaire*, new edition, 1863, p. 42.)

At the end of classic antiquity, probably in the fifth century, Aristænetus in his first Epistle thus described his mistress Lais: "Her cheeks are white, but mixed in imitation of the splendor of the rose;

her lips are thin, by a narrow space separated from the cheeks, but more red; her eyebrows are black and divided in the middle; the nose straight and proportioned to the thin lips; the eyes large and bright, with very black pupils, surrounded by the clearest white, each color more brilliant by contrast. Her hair is naturally curled, and, as Homer's saying is, like the hyacinth. The neck is white and proportioned to the face, and though unadorned more conspicuous by its delicacy; but a necklace of gems encircles it, on which her name is written in jewels. She is tall and elegantly dressed in garments fitted to her body and limbs. When dressed her appearance is beautiful; when undressed she is all beauty. Her walk is composed and slow; she looks like a cypress or a palm stirred by the wind. I cannot describe how the swelling, symmetrical breasts raise the constraining vest, nor how delicate and supple her limbs are. And when she speaks, what sweetness in her discourse!"

Renier has studied the feminine ideal of the Provençal poets, the troubadours who used the "langue d'oo." "They avoid any description of the feminine type. The indications refer in great part to the slender, erect, fresh appearance of the body, and to the white and rosy coloring. After the person generally, the eyes receive most praise; they are sweet, amorous, clear, smiling, and bright. The color is never mentioned. The mouth is laughing, and vermilion, and, smiling sweetly, it reveals the white teeth and calls for the delights of the kiss. The face is clear and fresh, the hand white and the hair constantly blonde. The troubadours seldom speak of the rest of the body. Peire Vidal is an exception, and his reference to the well-raised breasts may be placed beside a reference by Bertran de Born. The general impression conveyed by the love lyrics of the langue d'oo is one of great convention. There seemed to be no salvation outside certain phrases and epithets. The woman of Provence, sung by hundreds of poets, seems to have been composed all of milk and roses, a blonde Nuremburg doll." (R. Renier, *Il Tipo Estetico della Donna nel Medioevo*, 1885, pp. 1-24.)

The conventional ideal of the troubadours is, again, thus described: "She is a lady whose skin is white as milk, whiter than the driven snow, of peculiar purity in whiteness. Her cheeks, on which vermilion hues alone appear, are like the rosebud in spring, when it has not yet opened to the full. Her hair, which is nearly always be decked and adorned with flowers, is invariably of the color of flax, as soft as silk, and shimmering with a sheen of the finest gold." (J. F. Rowbotham, *The Troubadours and Courts of Love*, p. 228.)

In the most ancient Spanish romances, Renier remarks, the definite indications of physical beauty are slight. The hair is "of pure gold," or simply fair (*rudios*, which is equal to *blondos*, a word of later intro-

duction), the face white and rosy, the hand soft, white, and fragrant; in one place we find a reference to the uncovered breasts, whiter than crystal. But usually the ancient Castilian romances do not deal with these details. The poet contents himself with the statement that a lady is the sweetest woman in the world, *la mas linda mujer del mundo.*" (R. Renier, *Il Tipo Estetico della Donna nel Medioevo*, pp. 68 *et seq.*)

In a detailed and well-documented thesis, Alwin Schultz describes the characteristics of the beautiful woman as she appealed to the German authors of the twelfth and thirteenth centuries. She must be of medium height and slender. Her hair must be fair, like gold; long, bright, and curly; a man's must only reach to his shoulders. Dark hair is seldom mentioned and was not admired. The parting of the hair must be white, but not too broad. The forehead must be white and bright and rounded, without wrinkles. The eyebrows must be darker than the hair, arched, and not too broad, as though drawn with a pencil, the space between them not too broad. The eyes must be bright, clear, and sparkling, not too large or too small; nothing definite was said of the color, but they were evidently usually blue. The nose must be of medium size, straight, and not curved. The cheeks must be white, tinged with red; if the red was absent by nature women used rouge. The mouth must be small; the lips full and red. The teeth must be small, white, and even. The chin must be white, rounded, lovable, dimpled; the ears small and beautiful; the neck of medium size, soft, white, and spotless; the arm small; the hands and fingers long; the joints small, the nails white and bright and well cared for. The bosom must be white and large; the breasts high and rounded, like apples or pears, small and soft. The body generally must be slender and active. The lower parts of the body are very seldom mentioned, and many poets are even too modest to mention the breasts. The buttocks must be rounded, one poet, indeed, mentions, and the thighs soft and white, the *meinel* (mons) brown. The legs must be straight and narrow, the calves full, the feet small and narrow, with high instep. The color of the skin generally must be clear and of a tempered rosiness. (A. Schultz, *Quid de Perfecta Corporis Humani Pulchritudine Germani Seculi XII et XIII Senserint*, 1866.) A somewhat similar, but shorter, account is given by K. Weinhold (*Die Deutschen Frauen im Mittelalter*, 1882, bd. 1, pp. 219 *et seq.*). Weinhold considers that, like the French, the Germans admired the mixed eye, *vair* or gray.

Adam de la Halle, the Artois *trouvère* of the thirteenth century, in a piece ("Li Jus Adam ou de la feuillie") in which he brings himself forward, thus describes his mistress: "Her hair had the brilliance of gold, and was twisted into rebellious curls. Her forehead was very

regular, white, and smooth; her eyebrows, delicate and even, were two brown arches, which seemed traced with a brush. Her eyes, bright and well cut, seemed to me *vairs* and full of caresses; they were large beneath, and their lids like little sickles, adorned by twin folds, veiled or revealed at her will her loving gaze. Between her eyes descended the pipe of her nose, straight and beautiful, mobile when she was gay; on either side were her rounded, white cheeks, on which laughter impressed two dimples, and which one could see blushing beneath her veil. Beneath the nose opened a mouth with blossoming lips; this mouth, fresh and vermillion as a rose, revealed the white teeth, in regular array; beneath the chin sprang the white neck, descending full and round to the shoulder. The powerful nape, white and without any little wandering hairs, protruded a little over the dress. To her sloping shoulders were attached long arms, large or slender where they so should be. What shall I say of her white hands, with their long fingers, and knuckles without knots, delicately ending in rosy nails attached to the flesh by a clear and single line? I come to her bosom with its firm breasts, but short and high pointed, revealing the valley of love between them, to her round belly, her arched flanks. Her hips were flat, her legs round, her calf large; she had a slender ankle, a lean and arched foot. Such she was as I saw her, and that which her chemise hid was not of less worth." (Houdoy, *La Beauté des Femmes*, p. 125, who quotes the original of this passage, considers it the ideal model of the mediæval woman.)

In the twelfth century story of *Aucassin et Nicolette*, "Nicolette had fair hair, delicate and curling; her eyes were gray (*vairs*) and smiling; her face admirably modeled. Her nose was high and well placed; her lips small and more vermillion than the cherry or the rose in summer; her teeth were small and white; her firm little breasts raised her dress as would two walnuts. Her figure was so slender that you could inclose it with your two hands, and the flowers of the marguerite, which her toes broke as she walked with naked feet, seemed black in comparison with her feet and legs, so white was she."

"Her hair was divided into a double tress," says Alain of Lille in the twelfth century, "which was long enough to kiss the ground; the parting, white as the lily and obliquely traced, separated the hair, and this want of symmetry, far from hurting her face, was one of the elements of her beauty. A golden comb maintained that abundant hair whose brilliance rivaled it, so that the fascinated eye could scarce distinguish the gold of the hair from the gold of the comb. The expanded forehead had the whiteness of milk, and rivaled the lily; her bright eyebrows shone like gold, not standing up in a brush, and, without being too scanty, orderly arranged. The eyes, serene and brilliant in their friendly light, seemed twin stars, her nostrils

embalmed with the odor of honey, neither too depressed in shape nor too prominent, were of distinguished form; the nard of her mouth offered to the smell a treat of sweet odors, and her half-open lips invited a kiss. The teeth seemed cut in ivory; her cheeks, like the carnation of the rose, gently illuminated her face and were tempered by the transparent whiteness of her veil. Her chin, more polished than crystal, showed silver reflections, and her slender neck fitly separated her head from the shoulders. The firm rotundity of her breasts attested the full expansion of youth; her charming arms, advancing toward you, seemed to call for caresses; the regular curve of her flanks, justly proportioned, completed her beauty. All the visible traits of her face and form thus sufficiently told what those charms must be that the bed alone knew." (The Latin text is given by Houdoy, *La Beauté des Femmes du XIIe au XVIIe Siècle*, p. 119. Robert de Flagy's portrait of Blanchefleur in *Sarin-le-Loherain*, written in same century, reveals very similar traits.)

"The young woman appeared with twenty brightly polished daggers and swords," we read in the Irish *Tain Bo Cuailgne* of the Badhbh or Banshee who appeared to Meidhbh, "together with seven braids for the dead, of bright gold, in her right hand; a speckled garment of green ground, fastened by a bodkin at the breast under her fair, ruddy countenance, enveloped her form; her teeth were so new and bright that they appeared like pearls artistically set in her gums; like the ripe berry of the mountain ash were her lips; sweeter was her voice than the notes of the gentle harp-strings when touched by the most skillful fingers, and emitting the most enchanting melody; whiter than the snow of one night was her skin, and beautiful to behold were her garments, which reached to her well molded, bright-nailed feet; copious tresses of her tendriled, glossy, golden hair hung before, while others dangled behind and reached the calf of her leg." (*Ossianic Transactions*, vol. ii, p. 107.)

An ancient Irish hero is thus described: "They saw a great hero approaching them; fairest of the heroes of the world; larger and taller than any man; bluer than ice his eye; redder than the fresh rowan berries his lips; whiter than showers of pearl his teeth; fairer than the snow of one night his skin; a protecting shield with a golden border was upon him, two battle-lances in his hands; a sword with knobs of ivory [teeth of the sea-horse], and ornamented with gold, at his side; he had no other accoutrements of a hero besides these; he had golden hair on his head, and had a fair, ruddy countenance." (*The Banquet of Dun na n-gedh*, translated by O'Donovan, *Irish Archaeological Society*, 1842.)

The feminine ideal of the Italian poets closely resembles that of those north of the Alps. Petrarch's Laura, as described in the *Can-*

zoniere, is white as snow; her eyes, indeed, are black, but the fairness of her hair is constantly emphasized; her lips are rosy; her teeth white; her cheeks rosy; her breast youthful; her hands white and slender. Other poets insist on the tall, white, delicate body; the golden or blonde hair; the bright or starry eyes (without mention of color), the brown or black arched eyebrows, the straight nose, the small mouth, the thin vermillion lips, the small and firm breasts. (Renier, *Il Tipo Estetico*, pp. 87 et seq.)

Marie de France, a French mediæval writer of the twelfth century, who spent a large part of her life in England, in the *Lai of Lanval* thus described a beautiful woman: "Her body was beautiful, her hips low, the neck whiter than snow, the eyes gray (*vairs*), the face white, the mouth beautiful, the nose well placed, the eyebrows brown, the forehead beautiful, the head curly and blonde; the gleam of gold thread was less bright than her hair beneath the sun."

The traits of Boccaccio's ideal of feminine beauty, a voluptuous ideal as compared with the ascetic mediæval ideal which had previously prevailed, together with the characteristics of the very beautiful and almost classic garments in which he arrayed women, have been brought together by Hortis (*Studi sulle opere Latine del Boccaccio*, 1879, pp. 70 et seq.). Boccaccio admired fair and abundant wavy hair, dark and delicate eyebrows, and brown or even black eyes. It was not until some centuries later, as Hortis remarks, that Boccaccio's ideal woman was embodied by the painter in the canvases of Titian.

The first precise description of a famous beautiful woman was written by Niphus in the sixteenth century in his *De Pulchro et Amore*, which is regarded as the first modern treatise on æsthetics. The lady described is Joan of Aragon, the greatest beauty of her time, whose portrait by Raphael (or more probably Giulio Romano) is in the Louvre. Niphus, who was the philosopher of the pontifical court and the friend of Leo X, thus describes this princess, whom, as a physician, he had opportunities of observing accurately: "She is of medium stature, straight, and elegant, and possesses the grace which can only be imparted by an assemblage of characteristics which are individually faultless. She is neither fat nor bony, but succulent; her complexion is not pale, but white tinged with rose; her long hair is golden; her ears are small and in proportion with the size of her mouth. Her brown eyebrows are semicircular, not too bushy, and the individual hairs short. Her eyes are blue (*cæsius*), brighter than stars, radiant with grace and gaiety beneath the dark-brown eyelashes, which are well spaced and not too long. The nose, symmetrical and of medium size, descends perpendicularly from between the eyebrows. The little valley separating the nose from the upper lip is divinely proportioned. The mouth, inclined to be rather small,

is always stirred by a sweet smile; the rather thick lips are made of honey and coral. The teeth are small, polished as ivory, and symmetrically ranged, and the breath has the odor of the sweetest perfumes. Her voice is that of a goddess. The chin is divided by a dimple; the whole face approximates to a virile rotundity. The straight long neck, white and full, rises gracefully from the shoulders. On the ample bosom, revealing no indication of the bones, arise the rounded breasts, of equal and fitting size, and exhaling the perfume of the peaches they resemble. The rather plump hands, on the back like snow, on the palm like ivory, are exactly the length of the face; the full and rounded fingers are long and terminating in round, curved nails of soft color. The chest as a whole has the form of a pear, reversed, but a little compressed, and the base attached to the neck in a delightfully well-proportioned manner. The belly, the flanks, and the secret parts are worthy of the chest; the hips are large and rounded; the thighs, the legs, and the arms are in just proportion. The breadth of the shoulders is also in the most perfect relation to the dimensions of the other parts of the body; the feet, of medium length, terminate in beautifully arranged toes." (Houdoy reproduces this passage in *La Beauté des Femmes*; cf. also Stratz, *Die Schönheit des Weiblichen Körpers*, Chapter III.)

Gabriel de Minut, who published in 1587 a treatise of no very great importance, *De la Beauté*, also wrote under the title of *La Paulegraphie* a very elaborate description, covering sixty pages, of Paule de Viguier, a Gascon lady of good family and virtuous life living at Toulouse. Minut was her devoted admirer and addressed an affectionate poem to her just before his death. She was seventy years of age when he wrote the elaborate account of her beauty. She had blue eyes and fair hair, though belonging to one of the darkest parts of France.

Ploss and Bartels (*Das Weib*, bd. 1, sec. 3) have independently brought together a number of passages from the writers of many countries describing their ideals of beauty. On this collection I have not drawn.

When we survey broadly the ideals of feminine beauty set down by the peoples of many lands, it is interesting to note that they all contain many features which appeal to the æsthetic taste of the modern European, and many of them, indeed, contain no features which obviously clash with his canons of taste. It may even be said that the ideals of some savages affect us more sympathetically than some of the ideals of our own mediæval ancestors. As a matter of fact, European

travelers in all parts of the world have met with women who were gracious and pleasant to look on, and not seldom even in the strict sense beautiful, from the standpoint of European standards. Such individuals have been found even among those races with the greatest notoriety for ugliness.

Even among so primitive and remote a people as the Australians beauty in the European sense is sometimes found. "I have on two occasions," Lumholtz states, "seen what might be called beauties among the women of western Queensland. Their hands were small, their feet neat and well shaped, with so high an instep that one asked oneself involuntarily where in the world they had acquired this aristocratic mark of beauty. Their figure was above criticism, and their skin, as is usually the case among the young women, was as soft as velvet. When these black daughters of Eve smiled and showed their beautiful white teeth, and when their eyes peeped coquettishly from beneath the curly hair which hung in quite the modern fashion down their foreheads," Lumholtz realized that even here women could exert the influence ascribed by Goethe to women generally. (C. Lumholtz, *Among Cannibals*, p. 132.) Much has, again, been written about the beauty of the American Indians. See, e.g., an article by Dr. Shufeldt, "Beauty from an Indian's Point of View," *Cosmopolitan Magazine*, April, 1895. Among the Seminole Indians, especially, it is said that types of handsome and comely women are not uncommon. (Olay MacCauley, "Seminole Indians of Florida," *Fifth Annual Report of the Bureau of Ethnology*, 1883-1884, pp. 493 *et seq.*)

There is much even in the negress which appeals to the European as beautiful. "I have met many negresses," remarks Castellani (*Les Femmes au Congo*, p. 2), "who could say proudly in the words of the Song of Songs, 'I am black, but comely.' Many of our peasant women have neither the same grace nor the same delicate skin as some natives of Cassai or Songha. As to color, I have seen on the African continent creatures of pale gold or even red copper whose fine and satiny skin rivals the most delicate white skins; one may, indeed, find beauties among women of the darkest ebony." He adds that, on the whole, there is no comparison with white women, and that the negress soon becomes hideous.

The very numerous quotations from travelers concerning the women of all lands quoted by Ploss and Bartels (*Das Weib*, seventh edition, bd. i, pp. 88-106) amply suffice to show how frequently some degree of beauty is found even among the lowest human races. Of, also, Mantegazza's survey of the women of different races from this point of view, *Fisiologia della Donna*, Cap. IV.

The fact that the modern European, whose culture may be supposed to have made him especially sensitive to æsthetic beauty, is yet able to find beauty among even the women of savage races serves to illustrate the statement already made that, whatever modifying influences may have to be admitted, beauty is to a large extent an objective matter. The existence of this objective element in beauty is confirmed by the fact that it is sometimes found that the men of the lower races admire European women more than women of their own race. There is reason to believe that it is among the more intelligent men of lower race—that is to say those whose æsthetic feelings are more developed—that the admiration for white women is most likely to be found.

"Mr. Winwood Reade," stated Darwin, "who has had ample opportunities for observation, not only with the negroes of the West Coast of Africa, but with those of the interior who have never associated with Europeans, is convinced that their ideas of beauty are, *on the whole*, the same as ours; and Dr. Rohlfs writes to me to the same effect with respect to Bornu and the countries inhabited by the Pullo tribes. Mr. Reade found that he agreed with the negroes in their estimation of the beauty of the native girls; and that their appreciation of the beauty of European women corresponded with ours. . . . The Fuegians, as I have been informed by a missionary who long resided with them, considered European women as extremely beautiful . . . I should add that a most experienced observer, Captain [Sir R.] Burton, believes that a woman whom we consider beautiful is admired throughout the world." (Darwin, *Descent of Man*, Chapter XIX.)

Mantegazza quotes a conversation between a South American chief and an Argentine who had asked him which he preferred, the women of his own people or Christian women; the chief replied that he admired Christian women most, and when asked the reason said that they were whiter and taller, had finer hair and smoother skin. (Mantegazza, *Fisiologia della Donna*, Appendix to Cap. VIII.)

Nordenskjöld, as quoted by Ploss and Bartels, states that the Eskimo regard their own type as more ugly than that produced by crossing with white persons, and, according to Kropf, the Nosa Kaffers admire and seek the fairer half-castes in preference to their own women of pure race (Ploss and Bartels, *Das Weib*, seventh edition, bd. 1, p. 78). There is a widespread admiration for fairness, it may be added, among dark peoples. Fair men are admired by the Papuans at

Torres Straits (*Reports of the Cambridge Anthropological Expedition*, vol. v, p. 327). The common use of powder among the women of dark-skinned peoples bears witness to the existence of the same ideal.

Stratz, in his books *Die Schönheit des Weiblichen Körpers* and *Die Rassenschönheit des Weibes*, argues that the ideal of beauty is fundamentally the same throughout the world, and that the finest persons among the lower races admire and struggle to attain the type which is found commonly and in perfection among the white peoples of Europe. When in Japan he found that among the numerous photographs of Japanese beauties everywhere to be seen, his dragoman, a Japanese of low birth, selected as the most beautiful those which displayed markedly the Japanese type with narrow-slitted eyes and broad nose. When he sought the opinion of a Japanese photographer, who called himself an artist and had some claim to be so considered, the latter selected as most beautiful three Japanese girls who in Europe also would have been considered pretty. In Java, also, when selecting from a large number of Javanese girls a few suitable for photographing, Stratz was surprised to find that a Javanese doctor pointed out as most beautiful those which most closely corresponded to the European type. (Stratz, *Die Rassenschönheit des Weibes*, fourth edition, 1903, p. 3; *id.*, *Die Körperformen der Japaner*, 1904, p. 78.)

Stratz reproduces (*Rassenschönheit*, pp. 36 *et seq.*) a representation of Kwan-yin, the Chinese goddess of divine love, and quotes some remarks of Borel's concerning the wide deviation of the representations of the goddess, a type of gracious beauty, from the Chinese racial type. Stratz further reproduces the figure of a Buddhistic goddess from Java (now in the Archæological Museum of Leyden) which represents a type of loveliness corresponding to the most refined and classic European ideal.

Not only is there a fundamentally objective element in beauty throughout the human species, but it is probably a significant fact that we may find a similar element throughout the whole animated world. The things that to man are most beautiful throughout Nature are those that are intimately associated with, or dependent upon, the sexual process and the sexual instinct. This is the case in the plant world. It is so throughout most of the animal world, and, as Professor Poulton, in referring to this often unexplained and indeed unnoticed fact, remarks, "the song or plume which excites the mating impulse in the hen is also in a high proportion of cases most pleasing to man himself. And not only this, but in their

past history, so far as it has been traced (*e.g.*, in the development of the characteristic markings of the male peacock and argus pheasant), such features have gradually become more and more pleasing to us as they have acted as stronger and stronger stimuli to the hen."¹

¹ *Nature*, April 14, 1898, p. 55.

II.

Beauty to Some Extent Consists Primitively in an Exaggeration of the Sexual Characters—The Sexual Organs—Mutilations, Adornments, and Garments—Sexual Allurement the Original Object of Such Devices—The Religious Element—Unæsthetic Character of the Sexual Organs—Importance of the Secondary Sexual Characters—The Pelvis and Hips—Steatopygia—Obesity—Gait—The Pregnant Woman as a Mediæval Type of Beauty—The Ideals of the Renaissance—The Breasts—The Corset—Its Object—Its History—Hair—The Beard—The Element of National or Racial Type in Beauty—The Relative Beauty of Blondes and Brunettes—The General European Admiration for Blondes—The Individual Factors in the Constitution of the Idea of Beauty—The Love of the Exotic.

IN the constitution of our ideals of masculine and feminine beauty it was inevitable that the sexual characters should from a very early period in the history of man form an important element. From a primitive point of view a sexually desirable and attractive person is one whose sexual characters are either naturally prominent or artificially rendered so. The beautiful woman is one endowed, as Chaucer expresses it,

“With buttokes brode and brestës rounde and hye”;

that is to say, she is the woman obviously best fitted to bear children and to suckle them. These two physical characters, indeed, since they represent aptitude for the two essential acts of motherhood, must necessarily tend to be regarded as beautiful among all peoples and in all stages of culture, even in high stages of civilization when more refined and perverse ideals tend to find favor, and at Pompeii as a decoration on the east side of the Purgatorium of the Temple of Isis we find a representation of Perseus rescuing Andromeda, who is shown as a woman with a very small head, small hands and feet, but with a fully developed body, large breasts, and large projecting nates.¹

¹ Figured in Mau's *Pompeii*, p. 174.

To a certain extent—and, as we shall see, to a certain extent only—the primary sexual characters are objects of admiration among primitive peoples. In the primitive dances of many peoples, often of sexual significance, the display of the sexual organs on the part of both men and women is frequently a prominent feature. Even down to mediæval times in Europe the garments of men sometimes permitted the sexual organs to be visible. In some parts of the world, also, the artificial enlargement of the female sexual organs is practised, and thus enlarged they are considered an important and attractive feature of beauty.

Sir Andrew Smith informed Darwin that the elongated nymphæ (or "Hottentot apron") found among the women of some South African tribes was formerly greatly admired by the men (*Descent of Man*, Chapter XIX). This formation is probably a natural peculiarity of the women of these races which is very much exaggerated by intentional manipulation due to the admiration it arouses. The missionary Merensky reported the prevalence of the practice of artificial elongation among the Basuto and other peoples, and the anatomical evidence is in favor of its partly artificial character. (The Hottentot apron is fully discussed by Ploss and Bartels, *Das Weib*, bd. 1, sec. vi.)

In the Jaboo country on the Bight of Benin in West Africa, Daniell stated, it was considered ornamental to elongate the labia and the clitoris artificially; small weights were appended to the clitoris and gradually increased. (W. F. Daniell, *Topography of Gulf of Guinea*, 1849, pp. 24, 53.)

Among the Bawenda of the northern Transvaal, the missionary Wessmann states, it is customary for young girls from the age of 8 to spend a certain amount of time every day in pulling the *labia majora* in order to elongate them; in selecting a wife the young men attach much importance to this elongation, and the girl whose labia stand out most is most attractive. (*Zeitschrift für Ethnologie*, 1894, ht. 4, p. 363.)

It may be added that in various parts of the world mutilations of the sexual organs of men and women, or operations upon them, are practiced, for reasons which are imperfectly known, since it usually happens that the people who practice them are unable to give the reason for this practice, or they assign a reason which is manifestly not that which originally prompted the practice. Thus, the excision of the clitoris, practiced in many parts of East Africa and frequently supposed to be for the sake of dulling sexual feeling (J. S. King *Journal of the Anthropological Society*, Bombay, 1890, p. 2), seems

very doubtfully accounted for thus, for the women have it done of their own accord; "all Sobo women [Niger coast] have their clitoris cut off; unless they have this done they are looked down upon, as slave women who do not get cut; as soon, therefore, as a Sobo woman has collected enough money, she goes to an operating woman and pays her to do the cutting." (*Journal of the Anthropological Institute*, August-November, 1898, p. 117.) The Comte de Cardi investigated this matter in the Niger Delta: "I have questioned both native men and women," he states, "to try and get the natives' reason for this rite, but the almost universal answer to my queries was, 'it is our country's fashion.'" One old man told him it was practiced because favorable to continence, and several old women said that once the women of the land used to suffer from a peculiar kind of madness which this rite reduced. (*Journal of the Anthropological Institute*, August-November, 1899, p. 59.) In the same way the subincision of the urethra (mika operation of Australia) is frequently supposed to be for the purpose of preventing conception (See, e.g., the description of the operation by J. G. Garson, *Medical Press*, February 21, 1894), but this is very doubtful, and E. C. Stirling found that subincised natives often had large families. (*Intercolonial Quarterly Journal of Medicine and Surgery*, 1894.)

A passage in the *Mainz Chronicle* for 1367 (as quoted by Schultz, *Das Hofische Leben*, p. 297) shows that at that time the tunics of the men were so made that it was always possible for the sexual organs to be seen in walking or sitting.

This insistence on the naked sexual organs as objects of attraction is, however, comparatively rare, and confined to peoples in a low state of culture. Very much more widespread is the attempt to beautify and call attention to the sexual organs by tattooing,¹ by adornment and by striking peculiarities of clothing. The tendency for beauty of clothing to be accepted as a substitute for beauty of body appears early in the history of mankind, and, as we know, tends to be absolutely accepted in civilization.² "We exclaim," as Goethe remarks, "What a

¹ As a native of Lukunor said to the traveler Mertens, "It has the same object as your clothes, to please the women."

² "The greatest provocations of lust are from our apparel," as Burton states (*Anatomy of Melancholy*, Part III, Sec. II, Mem. II, Subs. III), illustrating this proposition with immense learning. Stanley Hall (*American Journal of Psychology*, vol. ix, Part III, pp. 365 *et seq.*) has some interesting observations on the various psychic influences of clothing; cf. Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil II, pp. 330 *et seq.*

beautiful little foot!' when we have merely seen a pretty shoe; we admire the lovely waist when nothing has met our eyes but an elegant girdle." Our realities and our traditional ideals are hopelessly at variance; the Greeks represented their statues without pubic hair because in real life they had adopted the oriental custom of removing the hairs; we compel our sculptors and painters to make similar representations, though they no longer correspond either to realities or to our own ideas of what is beautiful and fitting in real life. Our artists are themselves equally ignorant and confused, and, as Stratz has repeatedly shown, they constantly reproduce in all innocence the deformations and pathological characters of defective models. If we were honest, we should say—like the little boy before a picture of the Judgment of Paris, in answer to his mother's question as to which of the three goddesses he thought most beautiful—"I can't tell, because they haven't their clothes on."

The concealment actually attained was not, however, it would appear, originally sought. Various authors have brought together evidence to show that the main primitive purpose of adornment and clothing among savages is not to conceal the body, but to draw attention to it and to render it more attractive. Westermarck, especially, brings forward numerous examples of savage adornments which serve to attract attention to the sexual regions of man and woman.¹ He further argues that the primitive object of various savage peoples in practicing circumcision, as other similar mutilations, is really to secure sexual attractiveness, whatever religious significance they may sometimes have developed subsequently. A more recent view

¹ *History of Human Marriage*, Chapter IX, especially p. 201. We have a striking and comparatively modern European example of an article of clothing designed to draw attention to the sexual sphere in the codpiece (the French *braguette*), familiar to us through fifteenth and sixteenth century pictures and numerous allusions in Rabelais and in Elizabethan literature. This was originally a metal box for the protection of the sexual organs in war, but subsequently gave place to a leather case only worn by the lower classes, and became finally an elegant article of fashionable apparel, often made of silk and adorned with ribbons, even with gold and jewels. (See, e.g., Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil I, p. 159.)

represents the magical influence of both adornment and mutilation as primary, as a method of guarding and insulating dangerous bodily functions. Frazer, in *The Golden Bough*, is the most able and brilliant champion of this view, which undoubtedly embodies a large element of truth, although it must not be accepted to the absolute exclusion of the influence of sexual attractiveness. The two are largely woven in together.¹

There is, indeed, a general tendency for the sexual functions to take on a religious character and for the sexual organs to become sacred at a very early period in culture. Generation, the reproductive force in man, animals, and plants, was realized by primitive man to be a fact of the first magnitude, and he symbolized it in the sexual organs of man and woman, which thus attained to a solemnity which was entirely independent of purposes of sexual allurements. Phallus worship may almost be said to be a universal phenomenon; it is found even among races of high culture, among the Romans of the Empire and the Japanese to-day; it has, indeed, been thought by some that one of the origins of the cross is to be found in the phallus.

"Hardly any other object," remarks Dr. Richard Andree, "has been with such great unanimity represented by nearly all peoples as the phallus, the symbol of procreative force in the religions of the East and an object of veneration at public festivals. In the Moabitic Baal Peor, in the cult of Dionysos, everywhere, indeed, except in Persia, we meet with Priapic representations and the veneration accorded to the generative organ. It is needless to refer to the great significance of the *Linga puja*, the procreative organ of the god Siva, in India, a god to whom more temples were erected than to any other Indian deity. Our museums amply show how common phallic representations are in Africa, East Asia, the Pacific, frequently in connection with religious worship." (R. Andree, "Amerikansche Phallus-Darstellungen," *Zeitschrift für Ethnologie*, 1895, ht. 6, p. 678.)

Women have no external generative organ like the phallus to play a large part in life as a sacred symbol. There is, however, some

¹ A correspondent in Ceylon has pointed out to me that in the Indian statues of Buddha, Vishnu, goddesses, etc., the necklace always covers the nipples, a sexually attractive adornment being thus at the same time the guardian of the orifices of the body. Crawley (*The Mystic Rose*, p. 135) regards mutilations as in the nature of permanent amulets or charms.

reason to believe that the triangle is to some extent such a symbol. Lejeune ("La Representation Sexuelle en Religion, Art, et Pédagogie," *Bulletin de la Société d'Anthropologie*, Paris, October 3, 1901) brings forward reasons in favor of the view that the triangular hair-covered region of the mons veneris has had considerable significance in this respect, and he presents various primitive figures in illustration.

Apart from the religious and magical properties so widely accorded to the primary sexual characters, there are other reasons why they should not often have gained or long retained any great importance as objects of sexual allurements. They are unnecessary and inconvenient for this purpose. The erect attitude of man gives them here, indeed, an advantage possessed by very few animals, among whom it happens with extreme rarity that the primary sexual characters are rendered attractive to the eye of the opposite sex, though they often are to the sense of smell. The sexual regions constitute a peculiarly vulnerable spot, and remain so even in man, and the need for their protection which thus exists conflicts with the prominent display required for a sexual allurements. This end is far more effectively attained, with greater advantage and less disadvantage, by concentrating the chief ensigns of sexual attractiveness on the upper and more conspicuous parts of the body. This method is well-nigh universal among animals as well as in man.

There is another reason why the sexual organs should be discarded as objects of sexual allurements, a reason which always proves finally decisive as a people advances in culture. They are not æsthetically beautiful. It is fundamentally necessary that the intromittent organ of the male and the receptive canal of the female should retain their primitive characteristics; they cannot, therefore, be greatly modified by sexual or natural selection, and the exceedingly primitive character they are thus compelled to retain, however sexually desirable and attractive they may become to the opposite sex under the influence of emotion, can rarely be regarded as beautiful from the point of view of æsthetic contemplation. Under the influence of art there is a tendency for the sexual organs to be diminished

in size, and in no civilized country has the artist ever chosen to give an erect organ to his representations of ideal masculine beauty. It is mainly because the unæsthetic character of a woman's sexual region is almost imperceptible in any ordinary and normal position of the nude body that the feminine form is a more æsthetically beautiful object of contemplation than the masculine. Apart from this character we are probably bound, from a strictly æsthetic point of view, to regard the male form as more æsthetically beautiful.¹ The female form, moreover, usually overpasses very swiftly the period of the climax of its beauty, often only retaining it during a few weeks.

The following communication from a correspondent well brings out the divergences of feeling in this matter:

"You write that the sex organs, in an excited condition, cannot be called æsthetic. But I believe that they are a source, not only of curiosity and wonder to many persons, but also objects of admiration. I happen to know of one man, extremely intellectual and refined, who delights in lying between his mistress's thighs and gazing long at the dilated vagina. Also another man, married, and not intellectual, who always tenderly gazes at his wife's organs, in a strong light, before intercourse, and kisses her there and upon the abdomen. The wife, though amative, confessed to another woman that she could not understand the attraction. On the other hand, two married men have told me that the sight of their wives' genital parts would disgust them, and that they have never seen them.

"If the sexual parts cannot be called æsthetic, they have still a strong charm for many passionate lovers, of both sexes, though not often, I believe, among the unimaginative and the uneducated, who are apt to ridicule the organs or to be repelled by them. Many women confess that they are revolted by the sight of even a husband's complete nudity, though they have no indifference for sexual embraces. I think that the stupid bungle of Nature in making the generative organs serve as means of relieving the bladder has much to do with this revulsion. But some women of erotic temperament find pleasure in looking at the penis of a husband or lover, in handling it, and kissing it. Prostitutes do this in the way of business; some chaste, passionate wives act thus voluntarily. This is scarcely morbid, as the mammalia

¹ Mantegazza, in his discussion of this point, although an ardent admirer of feminine beauty, decides that woman's form is not, on the whole, more beautiful than man's. See Appendix to Cap. IV of *Fisiologia della Donna*.

of most species smell and lick each others' genitals. Probably primitive man did the same."

Brantôme (*Vie des Dames Galantes*, Discours II) has some remarks to much the same effect concerning the difference between men, some of whom take no pleasure in seeing the private parts of their wives or mistresses, while others admire them and delight to kiss them.

I must add that, however natural or legitimate the attraction of the sexual parts may be to either sex, the question of their purely æsthetic beauty remains unaffected.

Remy de Gourmont, in a discussion of the æsthetic element in sexual beauty, considers that the invisibility of the sexual organs is the decisive fact in rendering women more beautiful than men. "Sex, which is sometimes an advantage, is always a burden and always a flaw; it exists for the race and not for the individual. In the human male, and precisely because of his erect attitude, sex is the predominantly striking and visible fact, the point of attack in a struggle at close quarters, the point aimed at from a distance, an obstacle for the eye, whether regarded as a rugosity on the surface or as breaking the middle of a line. The harmony of the feminine body is thus geometrically much more perfect, especially when we consider the male and the female at the moment of desire when they present the most intense and natural expression of life. Then the woman, whose movements are all interior, or only visible by the undulation of her curves, preserves her full æsthetic value, while the man, as it were, all at once receding toward the primitive state of animality, seems to throw off all beauty and become reduced to the simple and naked condition of a genital organism." (Remy de Gourmont, *Physique de l'Amour*, p. 69.) Remy de Gourmont proceeds, however, to point out that man has his revenge after a woman has become pregnant, and that, moreover, the proportions of the masculine body are more beautiful than those of the feminine body.

The primary sexual characters of man and woman have thus never at any time played a very large part in sexual allurements. With the growth of culture, indeed, the very methods which had been adopted to call attention to the sexual organs were by a further development retained for the purpose of concealing them. From the first the secondary sexual characters have been a far more widespread method of sexual allurements than the primary sexual characters, and in the most civilized countries to-day they still constitute the most attractive of such methods to the majority of the population.

The main secondary sexual characters in woman and the type which they present in beautiful and well-developed persons are summarized as follows by Stratz, who in his book on the beauty of the body in woman sets forth the reasons for the characteristics here given:—

Delicate bony structure.	Small hand, with long index finger.
Rounded forms and breasts.	Rounded shoulders.
Broad pelvis.	Straight, small clavicle.
Long and abundant hair.	Small and long thorax.
Low and narrow boundary of pubic hair.	Slender waist.
Sparse hair in armpit.	Hollow sacrum.
No hair on body.	Prominent and domed nates.
Delicate skin.	Sacral dimples.
Rounded skull.	Rounded and thick thighs.
Small face.	Low and obtuse pubic arch.
Large orbits.	Soft contour of knee.
High and slender eyebrows.	Rounded calves.
Low and small lower jaw.	Slender ankle.
Soft transition from cheek to neck.	Small toes.
Rounded neck.	Long second and short fifth toe.
Slender wrist.	Broad middle incisor teeth.

(Stratz, *Die Schönheit des Weiblichen Körpers*, fourteenth edition, 1903, p. 200. This statement agrees at most points with my own exposition of the secondary sexual characters: *Man and Woman*, fourth edition, revised and enlarged, 1904.)

Thus we find, among most of the peoples of Europe, Asia, and Africa, the chief continents of the world, that the large hips and buttocks of women are commonly regarded as an important feature of beauty. This secondary sexual character represents the most decided structural deviation of the feminine type from the masculine, a deviation demanded by the reproductive function of women, and in the admiration it arouses sexual selection is thus working in a line with natural selection. It cannot be said that, except in a very moderate degree, it has always been regarded as at the same time in a line with claims of purely æsthetic beauty. The European artist frequently seeks to attenuate rather than accentuate the protuberant lines of the feminine hips, and it is noteworthy that the Japanese also regard small hips as beautiful. Nearly

everywhere else large hips and buttocks are regarded as a mark of beauty, and the average man is of this opinion even in the most æsthetic countries. The contrast of this exuberance with the more closely knit male form, the force of association, and the unquestionable fact that such development is the condition needed for healthy motherhood, have served as a basis for an ideal of sexual attractiveness which appeals to nearly all people more strongly than a more narrowly æsthetic ideal, which must inevitably be somewhat hermaphroditic in character.

Broad hips, which involve a large pelvis, are necessarily a characteristic of the highest human races, because the races with the largest heads must be endowed also with the largest pelvis to enable their large heads to enter the world. The white race, according to Bacarisse, has the broadest sacrum, the yellow race coming next, the black race last. The white race is also stated to show the greatest curvature of the sacrum, the yellow race next, while the black race has the flattest sacrum.¹ The black race thus possesses the least developed pelvis, the narrowest, and the flattest. It is certainly not an accidental coincidence that it is precisely among people of black race that we find a simulation of the large pelvis of the higher races admired and cultivated in the form of steatopygia. This is an enormously exaggerated development of the subcutaneous layer of fat which normally covers the buttocks and upper parts of the thighs in woman, and in this extreme form constitutes a kind of natural fatty tumor. Steatopygia cannot be said to exist, according to Deniker, unless the projection of the buttocks exceeds 4 per cent. of the individual's height; it frequently equals 10 per cent. True steatopygia only exists among Bushman and Hottentot women, and among the peoples who are by blood connected with them. An unusual development of the buttocks is, however, found among the Woloffs and many other African peoples.² There can be no doubt that among the black

¹ For a discussion of the anthropology of the feminine pelvis, see Ploss and Bartels, *Das Weib*, bd. 1. Sec. VI.

² Ploss and Bartels, *loc. cit.*; Deniker, *Revue d'Anthropologie*, January 15, 1889, and *Races of Man*, p. 93.

peoples of Africa generally, whether true steatopygia exists among them or not, extreme gluteal development is regarded as a very important, if not the most important, mark of beauty, and Burton stated that a Somali man was supposed to choose his wife by ranging women in a row and selecting her who projected farthest *a tergo*.¹ In Europe, it must be added, clothing enables this feature of beauty to be simulated. Even by some African peoples the posterior development has been made to appear still larger by the use of cushions, and in England in the sixteenth century we find the same practice well recognized, and the Elizabethan dramatists refer to the "bum-roll," which in more recent times has become the bustle, devices which bear witness to what Watts, the painter, called "the persistent tendency to suggest that the most beautiful half of humanity is furnished with tails."² In reality, as we see, it is simply a tendency, not to simulate an animal character, but to emphasize the most human and the most feminine of the secondary sexual characters, and therefore, from the sexual point of view, a beautiful feature.³

Sometimes admiration for this characteristic is associated with admiration for marked obesity generally, and it may be noted that a somewhat greater degree of fatness may also be regarded as a feminine secondary sexual character. This admiration is specially marked among several of the black peoples of Africa, and here to become a beauty a woman must, by drinking enormous quantities of milk, seek to become very fat. Sonnini noted that to some extent the same thing might be found among the Mohammedan women of Egypt. After bright eyes and a soft, polished, hairless skin, an Egyptian woman, he stated, most desired to obtain *embonpoint*; men admired fat

¹ Darwin.

² G. F. Watts, "On Taste in Dress," *Nineteenth Century*, 1883.

³ From mediæval times onwards there has been a tendency to treat the gluteal region with contempt, a tendency well marked in speech and custom among the lowest classes in Europe to-day, but not easily traceable in classic times. Dühren (*Das Geschlechtsleben in England*, bd. II, pp. 359 *et seq.*) brings forward quotations from æsthetic writers and others dealing with the beauty of this part of the body.

women and women sought to become fat. "The idea of a very fat woman," Sonnini adds, "is nearly always accompanied in Europe by that of softness of flesh, effacement of form, and defect of elasticity in the outlines. It would be a mistake thus to represent the women of Turkey in general, where all seek to become fat. It is certain that the women of the East, more favored by Nature, preserve longer than others the firmness of the flesh, and this precious property, joined to the freshness and whiteness of their skin, renders them very agreeable. It must be added that in no part of the world is cleanliness carried so far as by the women of the East,"¹

The special characteristics of the feminine hips and buttocks become conspicuous in walking and may be further emphasized by the special method of walking or carriage. The women of some southern countries are famous for the beauty of their way of walk; "the goddess is revealed by her walk," as Virgil said. In Spain, especially, among European countries, the walk very notably gives expression to the hips and buttocks. The spine is in Spain very curved, producing what is termed *ensellure*, or saddle-back—a characteristic which gives great flexibility to the back and prominence to the gluteal regions, sometimes slightly simulating steatopygia. The vibratory movement naturally produced by walking and sometimes artificially heightened thus becomes a trait of sexual beauty. Outside of Europe such vibration of the flanks and buttocks is more frankly displayed and cultivated as a sexual allurements. The Papuans are said to admire this vibratory movement of the buttocks in their women. Young girls are practiced in it by their mothers for hours at a time as soon as they have reached the age of 7 or 8, and the Papuan maiden walks thus whenever she is in the presence of men, subsiding into a simpler gait when no men are present. In some parts of tropical Africa the women walk in this fashion. It is also known to the Egyptians, and by the Arabs is called *ghung*.² As Mantegazza remarks, the essentially

¹ Sonnini, *Voyage, etc.*, vol. i, p. 308.

² Ploss and Bartels, *Das Weib*, bd. 1, Sec. III; Mantegazza, *Fisiologia della Donna*, Chapter III.

feminine character of this gait makes it a method of sexual allurements. It should be observed that it rests on feminine anatomical characteristics, and that the natural walk of a femininely developed woman is inevitably different from that of a man.

In an elaborate discussion of beauty of movement Stratz summarizes the special characters of the gait in woman as follows: "A woman's walk is chiefly distinguished from a man's by shorter steps, the more marked forward movement of the hips, the greater length of the phase of rest in relation to the phase of motion, and by the fact that the compensatory movements of the upper parts of the body are less powerfully supported by the action of the arms and more by the revolution of the flanks. A man's walk has a more pushing and active character, a woman's a more rolling and passive character; while a man seems to seek to catch his fleeing equilibrium, a woman seems to seek to preserve the equilibrium she has reached A woman's walk is beautiful when it shows the definitely feminine and rolling character, with the greatest predominance of the moment of extension over that of flexion." (Stratz, *Die Schönheit des Weiblichen Körpers*, fourteenth edition, p. 275.)

An occasional development of the idea of sexual beauty as associated with developed hips is found in the tendency to regard the pregnant woman as the most beautiful type. Stratz observes that a woman artist once remarked to him that since motherhood is the final aim of woman, and a woman reaches her full flowering period in pregnancy, she ought to be most beautiful when pregnant. This is so, Stratz replied, if the period of her full physical bloom chances to correspond with the early months of pregnancy, for with the onset of pregnancy metabolism is heightened, the tissues become active, the tone of the skin softer and brighter, the breasts firmer, so that the charm of fullest bloom is increased until the moment when the expansion of the womb begins to destroy the harmony of the form. At one period of European culture, however,—at a moment and among a people not very sensitive to the most exquisite æsthetic sensations,—the ideal of beauty has even involved the character of advanced pregnancy. In northern Europe during the centuries immediately preceding the Renais-

sance the ideal of beauty, as we may see by the pictures of the time, was a pregnant woman, with protuberant abdomen and body more or less extended backward. This is notably apparent in the work of the Van Eycks: in the Eve in the Brussels Gallery; in the wife of Arnolfini in the highly finished portrait group in the National Gallery; even the virgins in the great masterpiece of the Van Eycks in the Cathedral at Ghent assume the type of the pregnant woman.

"Through all the middle ages down to Dürer and Cranach," quite truly remarks Laura Marholm (as quoted by I. Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil I, p. 154), "we find a very peculiar type which has falsely been regarded as one of merely ascetic character. It represents quiet, peaceful, and cheerful faces, full of innocence; tall, slender, young figures; the shoulders still scanty; the breasts small, with slender legs beneath their garments; and round the upper part of the body clothing that is tight almost to the point of constriction. The waist comes just under the bosom, and from this point the broad skirts in folds give to the most feminine part of the feminine body full and absolutely unhampered power of movement and expansion. The womanly belly even in saints and virgins is very pronounced in the carriage of the body and clearly protuberant beneath the clothing. It is the maternal function, in sacred and profane figures alike, which marks the whole type—indeed, the whole conception—of woman." For a brief period this fashion reappeared in the eighteenth century, and women wore pads and other devices to increase the size of the abdomen.

With the Renaissance this ideal of beauty disappeared from art. But in real life we still seem to trace its survival in the fashion for that class of garments which involved an immense amount of expansion below the waist and secured such expansion by the use of whalebone hoops and similar devices. The Elizabethan farthingale was such a garment. This was originally a Spanish invention, as indicated by the name (from *verdugardo*, provided with hoops), and reached England through France. We find the fashion at its most extreme point in the fashionable dress of Spain in the seventeenth century, such as it has been immortalized by Velasquez. In England hoops died

out during the reign of George III but were revived for a time, half a century later, in the Victorian crinoline.¹

Only second to the pelvis and its integuments as a secondary sexual character in woman we must place the breasts.² Among barbarous and civilized peoples the beauty of the breast is usually highly esteemed. Among Europeans, indeed, the importance of this region is so highly esteemed that the general rule against the exposure of the body is in its favor abrogated, and the breasts are the only portion of the body, in the narrow sense, which a European lady in full dress is allowed more or less to uncover. Moreover, at various periods and notably in the eighteenth century, women naturally deficient in this respect have sometimes worn artificial busts made of wax. Savages, also, sometimes show admiration for this part of the body, and in the Papuan folk-tales, for instance, the sole distinguishing mark of a beautiful woman is breasts that stand up.³ On the other hand, various savage peoples even appear to regard the development of the breasts as ugly and adopt devices for flattening this part of the body.⁴ The feeling that prompts this practice is not unknown in modern Europe, for the Bulgarians are said to regard developed breasts as ugly; in mediæval Europe, indeed, the general ideal of feminine slenderness was opposed to developed breasts, and the garments tended to compress them. But in a very high degree of civilization this feeling is unknown, as, indeed, it is unknown to most barbarians, and the beauty of a woman's breasts, and of

¹ Bloch brings together various interesting quotations concerning the farthingale and the crinoline. (*Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil I, p. 156.) He states that, like most other feminine fashions in dress, it was certainly invented by prostitutes.

² The racial variations in the form and character of the breasts are great, and there are considerable variations even among Europeans. Even as regards the latter our knowledge is, however, still very vague and incomplete; there is here a fruitful field for the medical anthropologist. Ploss and Bartels have brought together the existing data (*Das Weib*, bd. I, Sec. VIII). Stratz also discusses the subject (*Die Schönheit des Weiblichen Körpers*, Chapter X).

³ *Cambridge Anthropological Expedition to Torres Straits*, vol. v, p. 28.

⁴ These devices are dealt with and illustrations given by Ploss and Bartels, *Das Weib* (*loc. cit.*).

any natural or artificial object which suggests the gracious curves of the bosom, is a universal source of pleasure.

The casual vision of a girl's breasts may, in the chastest youth, evoke a strange perturbation. (*Cf., e.g.,* a passage in an early chapter of Marcelle Tinayre's *La Maison du Péché*.) We need not regard this feeling as of purely sexual origin; and in addition even to the æsthetic element it is probably founded to some extent on a reminiscence of the earliest associations of life. This element of early association was very well set forth long ago by Erasmus Darwin:—

“When the babe, soon after it is born into this cold world, is applied to its mother's bosom, its sense of perceiving warmth is first agreeably affected; next its sense of smell is delighted with the odor of her milk; then its taste is gratified by the flavor of it; afterward the appetites of hunger and of thirst afford pleasure by the possession of their object, and by the subsequent digestion of the aliment; and, last, the sense of touch is delighted by the softness and smoothness of the milky fountain, the source of such variety of happiness.

“All these various kinds of pleasure at length become associated with the form of the mother's breast, which the infant embraces with its hands, presses with its lips, and watches with its eyes; and thus acquires more accurate ideas of the form of its mother's bosom than of the odor, flavor, and warmth which it perceives by its other senses. And hence at our maturer years, when any object of vision is presented to us which by its wavy or spiral lines bears any similitude to the form of the female bosom, whether it be found in a landscape with soft gradations of raising and descending surface, or in the forms of some antique vases, or in other works of the pencil or the chisel, we feel a general glow of delight which seems to influence all our senses; and if the object be not too large we experience an attraction to embrace it with our lips as we did in our early infancy the bosom of our mothers.” (E. Darwin, *Zoönomia*, 1800, vol. i, p. 174.)

The general admiration accorded to developed breasts and a developed pelvis is evidenced by a practice which, as embodied in the corset, is all but universal in many European countries, as well as the extra-European countries inhabited by the white race, and in one form or another is by no means unknown to peoples of other than the white race.

The tightening of the waist girth was little known to the Greeks of the best period, but it was practiced by the Greeks of the decadence and by them transmitted to the Romans;

there are many references in Latin literature to this practice, and the ancient physician wrote against it in the same sense as modern doctors. So far as Christian Europe is concerned it would appear that the corset arose to gratify an ideal of asceticism rather than of sexual allurements. The bodice in early mediæval days bound and compressed the breasts and thus tended to efface the specifically feminine character of a woman's body. Gradually, however, the bodice was displaced downward, and its effect, ultimately, was to render the breasts more prominent instead of effacing them. Not only does the corset render the breasts more prominent; it has the further effect of displacing the breathing activity of the lungs in an upward direction, the advantage from the point of sexual allurements thus gained being that additional attention is drawn to the bosom from the respiratory movement thus imparted to it. So marked and so constant is this artificial respiratory effect, under the influence of the waist compression habitual among civilized women, that until recent years it was commonly supposed that there is a real and fundamental difference in breathing between men and women, that women's breathing is thoracic and men's abdominal. It is now known that under natural and healthy conditions there is no such difference, but that men and women breathe in a precisely identical manner. The corset may thus be regarded as the chief instrument of sexual allurements which the armory of costume supplies to a woman, for it furnishes her with a method of heightening at once her two chief sexual secondary characters, the bosom above, the hips and buttocks below. We cannot be surprised that all the scientific evidence in the world of the evil of the corset is powerless not merely to cause its abolition, but even to secure the general adoption of its comparatively harmless modifications.

Several books have been written on the history of the corset. Léoty (*Le Corset à travers les Ages*, 1893) accepts Bouvier's division of the phases through which the corset has passed: (1) the bands, or fasciæ, of Greek and Roman ladies; (2) period of transition during greater part of middle ages, classic traditions still subsisting; (3) end

of middle ages and beginning of Renaissance, when tight bodices were worn; (4) the period of whalebone bodices, from middle of sixteenth to end of eighteenth centuries; (5) the period of the modern corset. We hear of embroidered girdles in Homer. Even in Rome, however, the fasciæ were not in general use, and were chiefly employed either to support the breasts or to compress their excessive development, and then called *mamillare*. The *zona* was a girdle, worn usually round the hips, especially by young girls. The modern corset is a combination of the *fascia* and the *zona*. It was at the end of the fourteenth century that Isabeau of Bavaria introduced the custom of showing the breasts uncovered, and the word "corset" was then used for the first time.

Stratz, in his *Frauenkleidung* (pp. 366 *et seq.*), and in his *Schönheit des Weiblichen Körpers*, Chapters VIII, X, and XVI, also deals with the corset, and illustrates the results of compression on the body. For a summary of the evidence concerning the difference of respiration in man and woman, its causes and results, see Havelock Ellis, *Man and Woman*, fourth edition, 1904, pp. 228-244. With reference to the probable influence of the corset and unsuitable clothing generally during early life in impeding the development of the mammary glands, causing inability to suckle properly, and thus increasing infant mortality, see especially a paper by Professor Bollinger (*Correspondenz-blatt Deutsch. Gesell. Anthropologie*, October, 1899).

The compression caused by the corset, it must be added, is not usually realized or known by those who wear it. Thus, Rushton Parker and Hugh Smith found, in two independent series of measurements, that the waist measurement was, on the average, two inches less over the corset than round the naked waist; "the great majority seemed quite unaware of the fact." In one case the difference was as much as five inches. (*British Medical Journal*, September 15 and 22, 1900.)

The breasts and the developed hips are characteristics of women and are indications of functional effectiveness as well as sexual allurements. Another prominent sexual character which belongs to man, and is not obviously an index of function, is furnished by the hair on the face. The beard may be regarded as purely a sexual adornment, and thus comparable to the somewhat similar growth on the heads of many male animals. From this point of view its history is interesting, for it illustrates the tendency with increase of civilization not merely to dispense with sexual allurements in the primary sexual organs, but even to disregard those growths which would appear

to have been developed solely to act as sexual allurements. The cultivation of the beard belongs peculiarly to barbarous races. Among these races it is frequently regarded as the most sacred and beautiful part of the person, as an object to swear by, an object to which the slightest insult must be treated as deadly. Holding such a position, it must doubtless act as a sexual allurement. "Allah has specially created an angel in Heaven," it is said in the *Arabian Nights*, "who has no other occupation than to sing the praises of the Creator for giving a beard to men and long hair to women." The sexual character of the beard and the other hirsute appendage is significantly indicated by the fact that the ascetic spirit in Christianity has always sought to minimize or to hide the hair. Altogether apart, however, from this religious influence, civilization tends to be opposed to the growth of hair on the masculine face and especially to the beard. It is part of the well-marked tendency with civilization to the abolition of sexual differences. We find this general tendency among the Greeks and Romans, and, on the whole, with certain variations and fluctuations of fashion, in modern Europe also. Schopenhauer frequently referred to this disappearance of the beard as a mark of civilization, "a barometer of culture."¹ The absence of facial hair heightens æsthetic beauty of form, and is not felt to remove any substantial sexual attraction.

That even the Egyptians regarded the beard as a mark of beauty and an object of veneration is shown by the fact that the priests wore it long and cut it off in grief (Herodotus, *Euterpe*, Chapter XXXVI). The respect with which the beard was regarded among the ancient Hebrews is indicated in the narrative (II Samuel, Chapter X) which tells how, when David sent his servants to King Hanun the latter shaved off half their beards; they were too ashamed to return in this condition, and remained at Jericho until their beards had grown again. A passage in Ordericus Vitalis (*Ecclesiastical History*, Book VIII, Chapter X) is interesting both as regards the fashions of the twelfth century in England and Normandy and the feeling that prompted Ordericus. Speaking of the men of his time, he wrote: "The forepart

¹ See, e.g., *Parerga und Paralipomena*, bd. 1, p. 189, and bd. 2, p. 482. Moll has also discussed this point (*Untersuchungen über die Libido Sexualis*, bd. 1, pp. 384 et seq.).

of their head is bare after the manner of thieves, while at the back they nourish long hair like harlots. In former times penitents, captives and pilgrims usually went unshaved and wore long beards, as an outward mark of their penance or captivity or pilgrimage. Now almost all the world wear crisped hair and beards, carrying on their faces the token of their filthy lust like stinking goats. Their locks are curled with hot irons, and instead of wearing caps they bind their heads with fillets. A knight seldom appears in public with his head uncovered, and properly shaved, according to the apostolic precept (I Corinthians, Chapter XI, verses 7 and 14)."

We have seen that there is good reason for assuming a certain fundamental tendency whereby the most various peoples of the world, at all events in the person of their most intelligent members, recognize and accept a common ideal of feminine beauty, so that to a certain extent beauty may be said to have an objectively æsthetic basis. We have further found that this æsthetic human ideal is modified, and very variously modified in different countries and even in the same country at different periods, by a tendency, prompted by a sexual impulse which is not necessarily in harmony with æsthetic canons, to emphasize, or even to repress, one or other of the prominent secondary sexual characters of the body. We now come to another tendency which is apt to an even greater extent to limit the cultivation of the purely æsthetic ideal of beauty: the influences of national or racial type.

To the average man of every race the woman who most completely embodies the type of his race is usually the most beautiful, and even mutilations and deformities often have their origin, as Humboldt long since pointed out, in the effort to accentuate the racial type.¹ Eastern women possess by

¹ Speaking of some South American tribes, he remarks (*Travels*, English translations, 1814, vol. iii. p. 236) that they "have as great an antipathy to the beard as the Eastern nations hold it in reverence. This antipathy is derived from the same source as the predilection for flat foreheads, which is seen in so singular a manner in the statues of the Aztec heroes and divinities. Nations attach the idea of beauty to everything which particularly characterizes their own physical conformation, their natural physiognomy." See also Westermarck, *History of Marriage*, p. 261. Ripley (*Races of Europe*, pp. 49, 202) attaches much importance to the sexual selection founded on a tendency of this kind.

nature large and conspicuous eyes, and this characteristic they seek still further to heighten by art. The Ainu are the hairiest of races, and there is nothing which they consider so beautiful as hair. It is difficult to be sexually attracted to persons who are fundamentally unlike ourselves in racial constitution.¹

It frequently happens that this admiration for racial characteristics leads to the idealization of features which are far removed from æsthetic beauty. The firm and rounded breast is certainly a feature of beauty, but among many of the black peoples of Africa the breasts fall at a very early period, and here we sometimes find that the hanging breast is admired as beautiful.

The African Baganda, the Rev. J. Roscoe states (*Journal of the Anthropological Institute*, January-June, 1902, p. 72), admire hanging breasts to such an extent that their young women tie them down in order to hasten the arrival of this condition.

"The most remarkable trait of beauty in the East," wrote Sonnini, "is to have large black eyes, and nature has made this a characteristic sign of the women of these countries. But, not content with this, the women of Egypt wish their eyes to be still larger and blacker. To attain this Mussulmans, Jewesses, and Christians, rich and poor, all tint their eyelids with galena. They also blacken the lashes (as Juvenal tells us the Roman ladies did) and mark the angles of the eye so that the fissure appears larger." (Sonnini, *Voyage dans la Haute et Basse Egypte*, 1799, vol. i, p. 290.) Kohl is thus only used by the women who have what the Arabs call "natural kohl." As Flinders Petrie has found, the women of the so-called "New Race," between the sixth and tenth dynasties of ancient Egypt, used galena and malachite for painting their faces. Jewish women in the days of the prophets painted their eyes with kohl, as do some Hindu women today.

"The Ainu have a great affection for their beards. They regard them as a sign of manhood and strength and consider them as especially handsome. They look upon them, indeed, as a great and highly prized treasure." (J. Batchelor, *The Ainu and their Folklore*, p. 162.)

A great many theories have been put forward to explain the Chinese fashion of compressing and deforming the foot. The Chinese

¹ "Differences of race are irreducible," Abel Hermant remarks (*Confession d'un Enfant d'Hier*, p. 209), "and between two beings who love each other they cannot fail to produce exceptional and instructive reactions. In the first superficial ebullition of love, indeed, nothing notable may be manifested, but in a fairly short time the two lovers, in-

are great admirers of the feminine foot, and show extreme sexual sensitivity in regard to it. Chinese women naturally possess very small feet, and the main reason for binding them is probably to be found in the desire to make them still smaller. (See, e.g., Stratz, *Die Frauenkleidung*, 1904, p. 101.)

An interesting question, which in part finds its explanation here and is of considerable significance from the point of view of sexual selection, concerns the relative admiration bestowed on blondes and brunettes. The question is not, indeed, one which is entirely settled by racial characteristics. There is something to be said on the matter from the objective standpoint of æsthetic considerations. Stratz, in a chapter on beauty of coloring in woman, points out that fair hair is more beautiful because it harmonizes better with the soft outlines of woman, and, one may add, it is more brilliantly conspicuous; a golden object looks larger than a black object. The hair of the armpit, also, Stratz considers should be light. On the other hand, the pubic hair should be dark in order to emphasize the breadth of the pelvis and the obtuseness of the angle between the mons veneris and the thighs. The eyebrows and eyelashes should also be dark in order to increase the apparent size of the orbits. Stratz adds that among many thousand women he has only seen one who, together with an otherwise perfect form, has also possessed these excellencies in the highest measure. With an equable and matt complexion she had blonde, very long, smooth hair, with sparse, blonde, and curly axillary hair; but, although her eyes were blue, the eyebrows and eyelashes were black, as also was the not overdeveloped pubic hair.¹

We may accept it as fairly certain that, so far as any objective standard of æsthetic beauty is recognizable, that standard involves the supremacy of the fair type of woman. Such supremacy in beauty has doubtless been further supported by

nately hostile, in striving to approach each other strike against an invisible partition which separates them. Their sensibilities are divergent; everything in each shocks the other; even their anatomical conformation, even the language of their gestures; all is foreign."

¹ C. H. Stratz, *Die Schönheit des Weiblichen Körpers*, fourteenth edition, Chapter XII.

the fact that in most European countries the ruling caste, the aristocratic class, whose superior energy has brought it to the top, is somewhat blonder than the average population.

The main cause, however, in determining the relative amount of admiration accorded in Europe to blondes and to brunettes is the fact that the population of Europe must be regarded as predominantly fair, and that our conception of beauty in feminine coloring is influenced by an instinctive desire to seek this type in its finest forms. In the north of Europe there can, of course, be no question concerning the predominant fairness of the population, but in portions of the centre and especially in the south it may be considered a question. It must, however, be remembered that the white population occupying all the shores of the Mediterranean have the black peoples of Africa immediately to the south of them. They have been liable to come in contact with the black peoples and in contrast with them they have tended not only to be more impressed with their own whiteness, but to appraise still more highly its blondest manifestations as representing a type the farthest removed from the negro. It must be added that the northerner who comes into the south is apt to overestimate the darkness of the southerner because of the extreme fairness of his own people. The differences are, however, less extreme than we are apt to suppose; there are more dark people in the north than we commonly assume, and more fair people in the south. Thus, if we take Italy, we find in its fairest part, Venetia, according to Raseri, that there are 8 per cent. communes in which fair hair predominates, 81 per cent. in which brown predominates, and only 11 per cent. in which black predominates; as we go farther south black hair becomes more prevalent, but there are in most provinces a few communes in which fair hair is not only frequent, but even predominant. It is somewhat the same with light eyes, which are also most abundant in Venetia and decrease to a slighter extent as we go south. It is possible that in former days the blondes prevailed to a greater degree than to-day in the south of Europe. Among the Berbers of the Atlas Mountains, who are probably allied to

the South Europeans, there appears to be a fairly considerable proportion of blondes,¹ while on the other hand there is some reason to believe that blondes die out under the influence of civilization as well as of a hot climate.

However this may be, the European admiration for blondes dates back to early classic times. Gods and men in Homer would appear to be frequently described as fair.² Venus is nearly always blonde, as was Milton's Eve. Lucian refers to women who dye their hair. The Greek sculptors gilded the hair of their statues, and the figurines in many cases show very fair hair.³ The Roman custom of dyeing the hair light, as Renier has shown, was not due to the desire to be like the fair Germans, and when Rome fell it would appear that the custom of dyeing the hair persisted, and never died out; it is mentioned by Anselm, who died at the beginning of the twelfth century.⁴

In the poetry of the people in Italy brunettes, as we should expect, receive much commendation, though even here the blondes are preferred. When we turn to the painters and poets of Italy, and the æsthetic writers on beauty from the Renaissance onward, the admiration for fair hair is unqualified, though there is no correspondingly unanimous admiration for blue eyes. Angelico and most of the pre-Raphaelite artists usually painted their women with flaxen and light-golden hair, which often became brown with the artists of the Renaissance period. Firenzuola, in his admirable dialogue on feminine beauty, says that a woman's hair should be like gold or honey

¹ See, e.g., Sergi, *The Mediterranean Race*, pp. 59-75.

² Sergi (*The Mediterranean Race*, Chapter I), by an analysis of Homer's color epithets, argues that in very few cases do they involve fairness; but his attempt scarcely seems successful, although most of these epithets are undoubtedly vague and involve a certain range of possible color.

³ Léchat's study of the numerous realistic colored statues recently discovered in Greece (summarized in *Zentralblatt für Anthropologie*, 1904, ht. 1, p. 22) shows that with few exceptions the hair is fair.

⁴ Renier, *Il Tipo Estetico*, pp. 127 et seq. In another book, *Les Femmes Blondes selon les Peintres de l'Ecole de Venise*, par deux Vénitiens (one of these "Venetians" being Armand Baschet), is brought together much information concerning the preference for blondes in literature, together with a great many of the recipes anciently used for making the hair fair.

or the rays of the sun. Luigini also, in his *Libro della bella Donna*, says that hair must be golden. So also thought Petrarch and Ariosto. There is, however, no corresponding predilection among these writers for blue eyes. Firenzuola said that the eyes must be dark, though not black. Luigini said that they must be bright and black. Niphus had previously said that the eyes should be "black like those of Venus" and the skin ivory, even a little brown. He mentions that Avicenna had praised the mixed, or gray eye.

In France and other northern countries the admiration for very fair hair is just as marked as in Italy, and dates back to the earliest ages of which we have a record. "Even before the thirteenth century," remarks Houdoy, in his very interesting study of feminine beauty in northern France during mediæval times, "and for men as well as for women, fair hair was an essential condition of beauty; gold is the term of comparison almost exclusively used."¹ He mentions that in the *Acta Sanctorum* it is stated that Saint Godelive of Bruges, though otherwise beautiful, had black hair and eyebrows and was hence contemptuously called a crow. In the *Chanson de Roland* and all the French mediæval poems the eyes are invariably *vairs*. This epithet is somewhat vague. It comes from *varius*, and signifies mixed, which Houdoy regards as showing various irradiations, the same quality which later gave rise to the term *iris* to describe the pupillary membrane.² *Vair* would thus describe not so much the color of the eye as its brilliant and sparkling quality. While Houdoy may have been correct, it still seems probable that the eye described as *vair* was usually assumed to be "various" in color also, of the kind we commonly call gray, which is usually applied to blue eyes encircled with a ring of faintly sprinkled brown pigment. Such eyes are fairly typical of northern France and frequently beautiful. That this was the case seems to be clearly indicated by the fact that, as Houdoy himself points out, a few centuries later the *vair* eye

¹ J. Houdoy, *La Beauté des Femmes dans la Littérature et dans l'Art du XIIIe au XVIIe Siècle*, 1876, pp. 32 et seq.

² Houdoy, *op. cit.*, pp. 41 et seq.

was regarded as *vert*, and green eyes were celebrated as the most beautiful.¹ The etymology was false, but a false etymology will hardly suffice to change an ideal. At the Renaissance Jehan Lemaire, when describing Venus as the type of beauty, speaks of her green eyes, and Ronsard, a little later, sang:

“Noir je veux l’œil et brun le teint,
 Bien que l’œil verd toute la France adore.”

Early in the sixteenth century Brantôme quotes some lines current in France, Spain, and Italy according to which a woman should have a white skin, but black eyes and eyebrows, and adds that personally he agrees with the Spaniard that “a brunette is sometimes equal to a blonde,”² but there is also a marked admiration for green eyes in Spanish literature; not only in the typical description of a Spanish beauty in the *Celestina* (Act. I) are the eyes green, but Cervantes, for example, when referring to the beautiful eyes of a woman, frequently speaks of them as green.

It would thus appear that in Continental Europe generally, from south to north, there is a fair uniformity of opinion as regards the pigmentary type of feminine beauty. Such variation as exists seemingly involves a somewhat greater degree of darkness for the southern beauty in harmony with the greater racial darkness of the southerner, but the variations fluctuate within a narrow range; the extremely dark type is always excluded, and so it would seem probable is the extremely fair type, for blue eyes have not, on the whole, been considered to form part of the admired type.

If we turn to England no serious modification of this conclusion is called for. Beauty is still fair. Indeed, the very word “fair” in England itself means beautiful. That in the seventeenth century it was generally held essential that beauty should be blonde is indicated by a passage in the *Anatomy of Melancholy*, where Burton argues that “golden hair was ever

¹ Houdoy, *op. cit.*, p. 83.

² Brantôme, *Vie des Dames Galantes*, Discours II.

in great account," and quotes many examples from classic and more modern literature.¹ That this remains the case is sufficiently evidenced by the fact that the ballet and chorus on the English stage wear yellow wigs, and the heroine of the stage is blonde, while the female villain of melodrama is a brunette.

While, however, this admiration of fairness as a mark of beauty unquestionably prevails in England, I do not think it can be said—as it probably can be said of the neighboring and closely allied country of France—that the most beautiful women belong to the fairest group of the community. In most parts of Europe the coarse and unbeautiful plebeian type tends to be very dark; in England it tends to be very fair. England is, however, somewhat fairer generally than most parts of Europe; so that, while it may be said that a very beautiful woman in France or in Spain may belong to the blondest section of the community, a very beautiful woman in England, even though of the same degree of blondness as her Continental sister, will not belong to the extremely blonde section of the English community. It thus comes about that when we are in northern France we find that gray eyes, a very fair but yet unfreckled complexion, brown hair, finely molded features, and highly sensitive facial expression combine to constitute a type which is more beautiful than any other we meet in France, and it belongs to the fairest section of the French population. When we cross over to England, however, unless we go to a so-called "Celtic" district, it is hopeless to seek among the blondest section of the community for any such beautiful and refined type. The English beautiful woman, though she may still be fair, is by no means very fair, and from the English standpoint she may even sometimes appear somewhat dark.² In determining what I call the index of pigmentation—or degree of darkness of the eyes and hair—of different groups in the National Portrait Gallery I found that the "famous beau-

¹ *Anatomy of Melancholy*, Part III, Sec. II, Mem. II, Subs. II.

² It is significant that Burton (*Anatomy of Melancholy*, *loc. cit.*), while praising golden hair, also argues that "of all eyes black are most amiable," quoting many examples to this effect from classic and later literature.

ties" (my own personal criterion of beauty not being taken into account) was somewhat nearer to the dark than to the light end of the scale.¹ If we consider, at random, individual instances of famous English beauties they are not extremely fair. Lady Venetia Stanley, in the early seventeenth century, who became the wife of Sir Kenelm Digby, was somewhat dark, with brown hair and eyebrows. Mrs. Overall, a little later in the same century, a Lancashire woman, the wife of the Dean of St. Paul's, was, says Aubrey, "the greatest beauty in her time in England," though very wanton, with "the loveliest eyes that were ever seen"; if we may trust a ballad given by Aubrey she was dark with black hair. The Gunnings, the famous beauties of the eighteenth century, were not extremely fair, and Lady Hamilton, the most characteristic type of English beauty, had blue, brown-flecked eyes and dark chestnut hair. Coloration is only one of the elements of beauty, though an important one. Other things being equal, the most blonde is most beautiful; but it so happens that among the races of Great Britain the other things are very frequently not equal, and that, notwithstanding a conviction ingrained in the language, with us the fairest of women is not always the "fairest." So magical, however, is the effect of brilliant coloring that it serves to keep alive in popular opinion an unqualified belief in the universal European creed of the beauty of blondness.

We have seen that underlying the conception of beauty, more especially as it manifests itself in woman to man, are to be found at least three fundamental elements: First there is the general beauty of the species as it tends to culminate in the white peoples of European origin; then there is the beauty due to the full development or even exaggeration of the sexual and more especially the secondary sexual characters; and last there is the beauty due to the complete embodiment of the particular racial or national type. To make the analysis fairly complete must be added at least one other factor: the influence of individual taste. Every individual, at all events in

¹ "Relative Abilities of the Fair and the Dark," *Monthly Review*, August, 1901; cf. H. Ellis. *A Study of British Genius*, p. 215.

civilization, within certain narrow limits, builds up a feminine ideal of his own, in part on the basis of his own special organization and its demands, in part on the actual accidental attractions he has experienced. It is unnecessary to emphasize the existence of this factor, which has always to be taken into account in every consideration of sexual selection in civilized man. But its variations are numerous and in impassioned lovers it may even lead to the idealization of features which are in reality the reverse of beautiful. It may be said of many a man, as d'Annunzio says of the hero of his *Trionfo della Morte* in relation to the woman he loved, that "he felt himself bound to her by the real qualities of her body, and not only by those which were most beautiful, but specially by *those which were least beautiful*" (the novelist italicizes these words), so that his attention was fixed upon her defects, and emphasized them, thus arousing within himself an impetuous state of desire. Without invoking defects, however, there are endless personal variations which may all be said to come within the limits of possible beauty or charm. "There are no two women," as Stratz remarks, "who in exactly the same way stroke back a rebellious lock from their brows, no two who hold the hand in greeting in exactly the same way, no two who gather up their skirts as they walk with exactly the same movement."¹ Among the multitude of minute differences—which yet can be seen and felt—the beholder is variously attracted or repelled according to his own individual idiosyncrasy, and the operations of sexual selection are effected accordingly.

Another factor in the constitution of the ideal of beauty, but one perhaps exclusively found under civilized conditions, is the love of the unusual, the remote, the exotic. It is commonly stated that rarity is admired in beauty. This is not strictly true, except as regards combinations and characters which vary only in a very slight degree from the generally admired type. "*Jucundum nihil est quod non reficit variatas*," according to the saying of Publilius Syrus. The greater nervous restlessness

¹ Stratz, *Die Schönheit des Weiblichen Körpers*, p. 217.

and sensibility of civilization heightens this tendency, which is not infrequently found also among men of artistic genius. One may refer, for instance, to Baudelaire's profound admiration for the mulatto type of beauty.¹ In every great centre of civilization the national ideal of beauty tends to be somewhat modified in exotic directions, and foreign ideals, as well as foreign fashions, become preferred to those that are native. It is significant of this tendency that when, a few years since, an enterprising Parisian journal hung in its *salle* the portraits of one hundred and thirty-one actresses, etc., and invited the votes of the public by ballot as to the most beautiful of them, not one of the three women who came out at the head of the poll was French. A dancer of Belgian origin (Cléo de Merode) was by far at the head with over 3000 votes, followed by an American from San Francisco (Sybil Sanderson), and then a Polish woman.

¹ Bloch (*Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil II, pp. 261 *et seq.*) brings together some facts bearing on the admiration for negresses in Paris and elsewhere.

III.

Beauty not the Sole Element in the Sexual Appeal of Vision—Movement—The Mirror—Narcissism—Pygmalionism—Mixoscopy—The Indifference of Women to Male Beauty—The Significance of Woman's Admiration of Strength—The Spectacle of Strength is a Tactile Quality made Visible.

OUR discussion of the sensory element of vision in human sexual selection has been mainly an attempt to disentangle the chief elements of beauty in so far as beauty is a stimulus to the sexual instinct. Beauty by no means comprehends the whole of the influences which make for sexual allurements through vision, but it is the point at which all the most powerful and subtle of these are focussed; it represents a fairly definite complexus, appealing at once to the sexual and to the æsthetic impulses, to which no other sense can furnish anything in any degree analogous. It is because this conception of beauty has arisen upon it that vision properly occupies the supreme position in man from the point of view which we here occupy.

Beauty is thus the chief, but it is not the sole, element in the sexual appeal of vision. In all parts of the world this has always been well understood, and in courtship, in the effort to arouse tumescence, the appeals to vision have been multiplied and at the same time aided by appeals to the other senses. Movement, especially in the form of dancing, is the most important of the secondary appeals to vision. This is so well recognized that it is scarcely necessary to insist upon it here; it may suffice to refer to a single typical example. The most decent of Polynesian dances, according to William Ellis, was the *hura*, which was danced by the daughters of chiefs in the presence of young men of rank with the hope of gaining a future husband. "The daughters of the chiefs, who were the dancers on these occasions, at times amounted to five or six, though occasionally only one exhibited her symmetry of figure and

gracefulness of action. Their dress was singular, but elegant. The head was ornamented with a fine and beautiful braid of human hair, wound round the head in the form of a turban. A triple wreath of scarlet, white, and yellow flowers adorned the head-dress. A loose vest of spotted cloth covered the lower part of the bosom. The tihi, of fine white stiffened cloth frequently edged with a scarlet border, gathered like a large frill, passed under the arms and reached below the waist; while a handsome fine cloth, fastened round the waist with a band or sash, covered the feet. The breasts were ornamented with rainbow-colored mother-of-pearl shells, and a covering of curiously wrought network and feathers. The music of the hura was the large and small drum and occasionally the flute. The movements were generally slow, but always easy and natural, and no exertion on the part of the performers was wanting to render them graceful and attractive."¹ We see here, in this very typical example, how the extraneous visual aids of movement, color, and brilliancy are invoked in conjunction with music to make the appeal of beauty more convincing in the process of sexual selection.

It may be in place here to mention, in passing, the considerable place which vision occupies in normal and abnormal methods of heightening tumescence under circumstances which exclude definite selection by beauty. The action of mirrors belongs to this group of phenomena. Mirrors are present in profusion in high-class brothels—on the walls and also above the beds. Innocent youths and girls are also often impelled to contemplate themselves in mirrors and sometimes thus produce the first traces of sexual excitement. I have referred to the developed forms of this kind of self-contemplation in the Study of Auto-erotism, and in this connection have alluded to the fable of Narcissus, whence Nücke has since devised the term Narcissism for this group of phenomena. It is only necessary to mention the enormous production of photographs, representing normal and abnormal sexual actions, specially prepared for the purpose of exciting or of gratifying sexual appetites, and the frequency with which even normal photographs of the nude appeal to the same lust of the eyes.

¹ William Ellis, *Polynesian Researches*, second edition, 1832, vol. 1, p. 215.

Pygmalionism, or falling in love with statues, is a rare form of erotomania founded on the sense of vision and closely related to the allurement of beauty. (I here use "pygmalionism" as a general term for the sexual love of statues; it is sometimes restricted to cases in which a man requires of a prostitute that she shall assume the part of a statue which gradually comes to life, and finds sexual gratification in this performance alone; Eulenburg quotes examples, *Sexuale Neuropathie*, p. 107.) An emotional interest in statues is by no means uncommon among young men during adolescence. Heine, in *Florentine Nights*, records the experiences of a boy who conceived a sentimental love for a statue, and, as this book appears to be largely autobiographical, the incident may have been founded on fact. Youths have sometimes masturbated before statues, and even before the image of the Virgin; such cases are known to priests and mentioned in manuals for confessors. Pygmalionism appears to have been not uncommon among the ancient Greeks, and this has been ascribed to their æsthetic sense; but the manifestation is due rather to the absence than to the presence of æsthetic feeling, and we may observe among ourselves that it is the ignorant and uncultured who feel the indecency of statues and thus betray their sense of the sexual appeal of such objects. We have to remember that in Greece statues played a very prominent part in life, and also that they were tinted, and thus more lifelike than with us. Lucian, Athenæus, Ælian, and others refer to cases of men who fell in love with statues. Tarnowsky (*Sexual Instinct*, English edition, p. 85) mentions the case of a young man who was arrested in St. Petersburg for paying moonlight visits to the statue of a nymph on the terrace of a country house, and Krafft-Ebing quotes from a French newspaper the case which occurred in Paris during the spring of 1877 of a gardener who fell in love with a Venus in one of the parks. (I. Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil II, pp. 297-305, brings together various facts bearing on this group of manifestations.)

Necrophily, or a sexual attraction for corpses, is sometimes regarded as related to pygmalionism. It is, however, a more profoundly morbid manifestation, and may perhaps be regarded as a kind of perverted sadism.

Founded on the sense of vision also we find a phenomenon, bordering on the abnormal, which is by Moll termed mixoscopy. This means the sexual pleasure derived from the spectacle of other persons engaged in natural or perverse sexual actions. (Moll, *Konträre Sexualempfindung*, third edition, p. 308. Moll considers that in some cases mixoscopy is related to masochism. There is, however, no necessary connection between the two phenomena.) Brothels are prepared to accommodate visitors who merely desire to look on, and for their con-

venience carefully contrived peepholes are provided; such visitors are in Paris termed "*voyeurs*." It is said by Coffignon that persons hide at night in the bushes in the Champs Elysées in the hope of witnessing such scenes between servant girls and their lovers. In England during a country walk I have come across an elderly man carefully ensconced behind a bush and intently watching through his field-glass a couple of lovers reclining on a bank, though the actions of the latter were not apparently marked by any excess of indecorum. Such impulses are only slightly abnormal, whatever may be said of them from the point of view of good taste. They are not very far removed from the legitimate curiosity of the young woman who, believing herself unobserved, turns her glass on to a group of young men bathing naked. They only become truly perverse when the gratification thus derived is sought in preference to natural sexual gratification. They are also not normal when they involve, for instance, a man desiring to witness his wife in the act of coitus with another man. I have been told of the case of a scientific man who encouraged his wife to promote the advances of a young friend of his own, in his own drawing-room, he himself remaining present and apparently taking no notice; the younger man was astonished, but accepted the situation. In such a case, when the motives that led up to the episode are obscure, we must not too hastily assume that masochism or even mixoscopy is involved. For information on some of the points mentioned above see, *e.g.*, I. Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil I, pp. 200 *et seq.*; Teil II, pp. 195 *et seq.*

Wide, however, as is the appeal of beauty in sexual selection, it cannot be said to cover by any means the whole of the visual field in its sexual relationship. Beauty in the human species is, above all, a feminine attribute, making its appeal to men. Even for women, as has already been noted, beauty is still a feminine quality, which they usually admire, and in cases of inversion worship with an ardor which equals, if it does not surpass, that experienced by normal men. But the normal woman experiences no corresponding cult for the beauty of man. The perfection of the body of man is not behind that of woman in beauty, but the study of it only appeals to the artist or the aesthetician; it arouses sexual enthusiasm almost exclusively in the male sexual invert. Whatever may be the case among animals or even among savages, in civilization the man who is most successful with women is not the most handsome

man, and may be the reverse of handsome.¹ The maiden, according to the old saying, who has to choose between Adonis and Hercules, will turn to Hercules.

A correspondent writes: "Men are generally attracted in the first instance by a woman's beauty, either of face or figure. Frequently this is the highest form of love they are capable of. Personally, my own love is always prompted by this. In the case of my wife there was certainly a leaven of friendship and moral sympathies but these alone would never have been translated into love had she not been young and good-looking. Moreover, I have felt intense passion for other women, in my relations with whom the elements of moral or mental sympathy have not entered. And always, as youth and beauty went, I believe I should transfer my love to some one else.

"Now, in woman I fancy this element of beauty and youth does not enter so much. I have questioned a large number of women—some married, some unmarried, young and old ladies, shopgirls, servants, prostitutes, women whom I have known only as friends, others with whom I have had sexual relations—and I cannot recollect one instance when a woman said she had fallen in love with a man for his looks. The nearest approach to any sign of this was in the instance of one, who noticed a handsome man sitting near us in a hotel, and said to me: 'I should like him to kiss me.'

"I have also noticed that women do not like looking at my body, when naked, as I like looking at theirs. My wife has, on a few occasions, put her hand over my body, and expressed pleasure at the feeling of my skin. (I have very fair, soft skin.) But I have never seen women exhibit the excitement that is caused in me by the sight of their bodies, which I love to look at, to stroke, to kiss all over."

It is interesting to point out, in this connection, that the admiration of strength is not confined to the human female. It is by the spectacle of his force that the male among many of the lower animals sexually affects the female. Darwin duly allows for this fact, while some evolutionists, and notably Wallace, consider that it covers the whole field of sexual selection. When choice exists, Wallace states, "all the facts appear to be consistent with the choice depending on a variety of male characteristics, with some of which color is often correlated. Thus, it is the opinion of some of the best observers that vigor and liveliness are most attractive, and these are, no doubt, usually associated with some intensity of color, . . . There is reason

¹ Stendhal (*De l'Amour*, Chapter XVIII) has some remarks on this point, and refers to the influence over women possessed by Lekain, the famous actor, who was singularly ugly. "It is *passion*," he remarks, "which we demand; beauty only furnishes *probabilities*."

to believe that it is his [the male bird's] persistency and energy rather than his beauty which wins the day." (A. R. Wallace, *Tropical Nature*, 1898, p. 199.) In his later book, *Darwinism* (p. 295), Wallace reaffirms his position that sexual selection means that in the rivalry of males for the female the most vigorous secures the advantage; "ornament," he adds, "is the natural product and direct outcome of superabundant health and vigor." As regards woman's love of strength, see Westermarck, *History of Marriage*, p. 255.

Women admire a man's strength rather than his beauty. This statement is commonly made, and with truth, but, so far as I am aware, its meaning is never analyzed. When we look into it, I think, we shall find that it leads us into a special division of the visual sphere of sexual allurements. The spectacle of force, while it remains strictly within the field of vision, really brings to us, although unconsciously, impressions that are correlated with another sense—that of touch. We instinctively and unconsciously translate visible energy into energy of pressure. In admiring strength we are really admiring a tactile quality which has been made visible. It may therefore be said that, while through vision men are sexually affected mainly by the more purely visual quality of beauty, women are more strongly affected by visual impressions which express qualities belonging to the more fundamentally sexual sense of touch.

The distinction between the man's view and the woman's view, here pointed out, is not, it must be added, absolute. Even for a man, beauty, with all these components which we have already analyzed in it, is not the sole sexual allurements of vision. A woman is not necessarily sexually attractive in the ratio of her beauty, and with even a high degree of beauty may have a low degree of attraction. The addition of vivacity or the addition of languor may each furnish a sexual allurements, and each of these is a translated tactile quality which possesses an obscure potency from vague sexual implications.¹ But while

¹ The charm of a woman's garments to a man is often due in part to their expressiveness in rendering impressions of energy, vivacity, or languor. This has often been realized by the poets, and notably by Herrick, who was singularly sensitive to these qualities in a woman's garments.

in the man the demand for these translated pressure qualities in the visible attractiveness of a woman are not usually quite clearly realized, in a woman the corresponding craving for the visual expression of pressure energy is much more pronounced and predominant. It is not difficult to see why this should be so, even without falling back on the usual explanation that natural selection implies that the female shall choose the male who will be the most likely father of strong children and the best protector of his family. The more energetic part in physical love belongs to the man, the more passive part to the woman; so that, while energy in a woman is no index to effectiveness in love, energy in a man furnishes a seeming index to the existence of the primary quality of sexual energy which a woman demands of a man in the sexual embrace. It may be a fallacious index, for muscular strength is not necessarily correlated with sexual vigor, and in its extreme degrees appears to be more correlated with its absence. But it furnishes, in Stendhal's phrase, a probability of passion, and in any case it still remains a symbol which cannot be without its effect. We must not, of course, suppose that these considerations are always or often present to the consciousness of the maiden who "blushingly turns from Adonis to Hercules," but the emotional attitude is rooted in more or less unerring instincts. In this way it happens that even in the field of visual attraction sexual selection influences women on the underlying basis of the more primitive sense of touch, the fundamentally sexual sense.

Women are very sensitive to the quality of a man's touch, and appear to seek and enjoy contact and pressure to a greater extent than do men, although in early adolescence this impulse seems to be marked in both sexes. "There is something strangely winning to most women," remarks George Eliot, in *The Mill on the Floss*, "in that offer of the firm arm; the help is not wanted physically at that moment, but the sense of help—the presence of strength that is outside them and yet theirs—meets a continual want of the imagination."

Women are often very critical concerning a man's touch and his method of shaking hands. Stanley Hall (*Adolescence*, vol. ii, p. 8) quotes a gifted lady as remarking: "I used to say that, however much I liked a man, I could never marry him if I did not like the touch of his hand, and I feel so yet."

Among the elements of sexual attractiveness which make a special appeal to women, extreme personal cleanliness would appear to take higher rank than it takes in the eyes of a man, some men, indeed, seeming to make surprisingly small demands of a woman in this respect. If this is so we may connect it with the fact that beauty in a woman's eye is to a much greater extent than in a man's a picture of energy, in other words, a translation of pressure contracts, with which the question of physical purity is necessarily more intimately associated than it is with the picture of purely visual beauty. It is noteworthy that Ovid (*Ars Amandi*, lib. I) urges men who desire to please women to leave the arts of adornment and effeminacy to those whose loves are homosexual, and to practice a scrupulous attention to extreme neatness and cleanliness of body and garments in every detail, a sun-browned skin, and the absence of all odor. Some two thousand years later Brummell in an age when extravagance and effeminacy often marked the fashions of men, introduced a new ideal of unobtrusive simplicity, extreme cleanliness (with avoidance of perfumes), and exquisite good taste; he abhorred all eccentricity, and may be said to have constituted a tradition which Englishmen have ever since sought, more or less successfully to follow; he was idolized by women.

It may be added that the attentiveness of women to tactile contacts is indicated by the frequency with which in them it takes on morbid forms, as the *délire du contact*, the horror of contamination, the exaggerated fear of touching dirt. (See, e.g., Raymond and Janet, *Les Obsessions et la Psychasthénie*.)

IV.

The Alleged Charm of Disparity in Sexual Attraction—The Admiration for High Stature—The Admiration for Dark Pigmentation—The Charm of Parity—Conjugal Mating—The Statistical Results of Observation as Regards General Appearance, Stature, and Pigmentation of Married Couples—Preferential Mating and Assortative Mating—The Nature of the Advantage Attained by the Fair in Sexual Selection—The Abhorrence of Incest and the Theories of its Cause—The Explanation in Reality Simple—The Abhorrence of Incest in Relation to Sexual Selection—The Limits to the Charm of Parity in Conjugal Mating—The Charm of Disparity in Secondary Sexual Characters.

WHEN we are dealing with the senses of touch, smell, and hearing it is impossible at present, and must always remain somewhat difficult, to investigate precisely the degree and direction of their influence in sexual selection. We can marshal in order—as has here been attempted—the main facts and considerations which clearly indicate that there is and must be such an influence, but we cannot even attempt to estimate its definite direction and still less to measure it precisely. With regard to vision, we are in a somewhat better position. It is possible to estimate the direction of the influence which certain visible characters exert on sexual selection, and it is even possible to attempt their actual measurement, although there must frequently be doubt as to the interpretation of such measurements.

Two facts render it thus possible to deal more exactly with the influence of vision on sexual selection than with the influence of the other senses. In the first place, men and women consciously seek for certain visible characters in the persons to whom they are attracted; in other words, their "ideals" of a fitting mate are visual rather than tactile, olfactory, or auditory. In the second place, whether such "ideals" are potent in actual mating, or whether they are modified or even inhibited by more potent psychological or general biological influences, it

is in either case possible to measure and compare the visible characters of mated persons.

The two visible characters which are at once most frequently sought in a mate and most easily measurable are degree of stature and degree of pigmentation. Every youth or maiden pictures the person he or she would like for a lover as tall or short, fair or dark, and such characters are measurable and have on a large scale been measured. It is of interest in illustration of the problem of sexual selection in man to consider briefly what results are at present obtainable regarding the influence of these two characters.

It has long been a widespread belief that short people are sexually attracted to tall people, and tall people to short; that in the matter of stature men and women are affected by what Bain called the "charm of disparity." It has not always prevailed. Many centuries ago Leonardo da Vinci, whose insight at so many points anticipated our most modern discoveries, affirmed clearly and repeatedly the charm of parity. After remarking that painters tend to delineate the figures that resemble themselves he adds that men also fall in love with and marry those who resemble themselves; "*chi s'innamora volentieri s'innamorano de cose a loro simiglianti*," he elsewhere puts it.¹ But from that day to this, it would seem Leonardo's statements have remained unknown or unnoticed. Bernardin de Saint-Pierre said that "love is the result of contrasts," and Schopenhauer affirmed the same point very decisively; various scientific and unscientific writers have repeated this statement.²

So far as stature is concerned, there appears to be very little reason to suppose that this "charm of disparity" plays any notable part in constituting the sexual ideals of either men or women. Indeed, it may probably be affirmed that both men and women seek tallness in the person to whom they are sexually attracted. Darwin quotes the opinion of Mayhew that

¹ L. da Vinci, *Frammenti*, selected by Solmi, pp. 177-180.

² Westermarck, who accepts the "charm of disparity," gives references, *History of Human Marriage*, p. 354.

among dogs the females are strongly attracted to males of large size.¹ I believe this is true, and it is probably merely a particular instance of a general psychological tendency.

It is noteworthy as an indication of the direction of the sexual ideal in this matter that the heroines of male novelists are rarely short and the heroes of female novelists almost invariably tall. A reviewer of novels addressing to lady novelists in the *Speaker* (July 26, 1890) "A Plea for Shorter Heroes," publishes statistics on this point. "Heroes," he states, "are longer this year than ever. Of the 192 of whom I have had my word to say since October of last year, 27 were merely tall, and 11 were only slightly above the middle height. No less than 85 stood exactly six feet in their stocking soles, and the remainder were considerably over the two yards. I take the average to be six feet three."

As a slight test alike of the supposed "charm of disparity" as well as of the general degree in which tall and short persons are sought as mates by those of the opposite sex I have examined a series of entries in the *Round-About*, a publication issued by a club, of which the president is Mr. W. T. Stead, having for its object the purpose of promoting correspondence, friendship, and marriage between its members. There are two classes of entries, one inserted with a view to "intellectual friendship," the other with a view to marriage. I have not thought it necessary to recognize this distinction here; if a man describes his own physical characteristics and those of the lady he would like as a friend, I assume that, from the point of view of the present inquiry, he is much on the same footing as the man who seeks a wife. In the series of entries which I have examined 35 men and women state approximately the height of the man or woman they seek to know; 30 state in addition their own height. The results are expressed in the table on the following page.

Although the cases are few, the results are, in two main respects, sufficiently clear without multiplication of data. In the first place, those who seek parity, whether men or women, are in a majority over those who seek disparity. In the second place, the existence of any disparity at all is due only to the universal desire to find a tall person. Not one man or woman sets down shortness as his or her ideal. The very fact that no man in these initial announcements ventures to set himself down as short (although a considerable proportion describe themselves as tall) indicates a consciousness that shortness is undesirable, as also does the fact that the women very frequently describe themselves as tall.

¹ *Descent of Man*. Part II, Chapter XVIII.

The same charm of disparity which has been supposed to rule in selective attraction as regards stature has also been assumed as regards pigmentation. The fair, it is said, are attracted to the dark, the dark to the fair. Again, it must be said that this common assumption is not confirmed either by introspection or by any attempt to put the matter on a statistical basis.¹

WOMEN.	MEN.	TOTALS.
Tall women seek tall men .. 8	Tall men seek tall women .. 6	14
Short women seek short men 0	Short men seek short women 0	0
Medium-sized women seek medium-sized men 0	Medium-sized men seek me- dium-sized women 3	3
Seek parity 8	Seek parity 9	17
Tall women seek short men 0	Tall men seek short women 0	0
Short women seek tall men 4	Short men seek tall women 0	4
Medium-sized woman seeks tall man 1	Medium-sized men seek tall women 8	9
Seek disparity .. 5	Seek disparity .. 8	13
	Men of unknown height seek tall women 5	5

Most people who will carefully introspect their own feelings and ideals in this matter will find that they are not attracted to persons of the opposite sex who are strikingly unlike themselves in pigmentary characters. Even when the abstract ideal

¹ Bloch (*Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil II, pp. 260 *et seq.*) refers to the tendency to admixture of races and to the sexual attraction occasionally exerted by the negress and sometimes the negro on white persons as evidence in favor of such charm of disparity. In part, however, we are here concerned with vague statements concerning imperfectly known facts, in part with merely individual variations, and with that love of the exotic under the stimulation of civilized conditions to which reference has already been made (p. 184).

of a sexually desirable person is endowed with certain pigmentary characters, such as blue eyes or darkness,—either of which is liable to make a vaguely romantic appeal to the imagination,—it is usually found, on testing the feeling for particular persons, that the variation from the personal type of the subject is usually only agreeable within narrow limits, and that there is a very common tendency for persons of totally opposed pigmentary types, even though they may sometimes be considered to possess a certain æsthetic beauty, to be regarded as sexually unattractive or even repulsive. With this feeling may perhaps be associated the feeling, certainly very widely felt, that one would not like to marry a person of foreign, even though closely allied, race.

From the same number of the *Round-About* from which I have extracted the data on stature, I have obtained corresponding data on pigmentation, and have embodied them in the following table. They are likewise very scanty, but they probably furnish as good a general indication of the drift of ideals in this matter as we should obtain from more extensive data of the same character.

WOMEN.	MEN.	TOTALS.
Fair women seek fair men 2	Fair men seek fair women 2	4
Dark woman seeks dark man 1	Dark men seek dark women 7	8
Seek parity 3	Seek parity 9	12
Fair women seek dark men 4	Fair men seek dark women 3	7
Dark woman seeks fair man 1	Dark men seek fair women 4	5
Seek disparity .. 5	Medium-colored man seeks dark woman 1	1
	Medium-colored man seeks fair woman 1	1
	Seek disparity .. 9	14
	Men of unknown color seek dark women 3	3

It will be seen that in the case of pigmentation there is not as in the case of stature a decided charm of parity in the formation of sexual ideals. The phenomenon, however, remains essentially analogous. Just as in regard to stature there is without exception an abstract admiration for tall persons, so here, though to a less marked extent, there is a general admiration for dark persons. As many as 5 out of 8 women and 14 out of 21 men seek a dark partner. This tendency ranges itself with the considerations already brought forward (p. 182), leading us to believe that, in England at all events, the admiration of fairness is not efficacious to promote any sexual selection, and that if there is actually any such selection it must be put down to other causes. No doubt, even in England the abstract æsthetic admiration of fairness is justifiable and may influence the artist. Probably also it influences the poet, who is affected by a long-established convention in favor of fairness, and perhaps also by a general tendency on the part of our poets to be themselves fair and to yield to the charm of parity,—the tendency to prefer the women of one's own stock,—which we have already found to be a real force.¹ But, as a matter of fact, our famous English beauties are not very fair; probably our handsomest men are not very fair, and the abstract sexual ideals of both our men and our women thus go out toward the dark.

The formation of a sexual ideal, while it furnishes a predisposition to be attracted in a certain direction, and undoubtedly has a certain weight in sexual choice, is not by any means the whole of sexual selection. It is not even the whole of the psychic element in sexual selection. Let us take, for instance, the question of stature. There would seem to be a general tendency for both men and women, apart from and before experience, to desire sexually large persons of the opposite sex. It may even be that this is part of a wider zoölogical tendency. In the human species it shows itself also on the spiritual plane, in the desire for the infinite, in the deep and unreasoning feeling that it is impossible to have too much of a good thing. But it not

¹ In this connection the exceptional case of Tennyson is of interest. He was born and bred in the very fairest part of England (Lincolnshire), but he himself and the stock from which he sprang were dark to a very remarkable degree. In his work, although it reveals traces of the conventional admiration for the fair, there is a marked and unusual admiration for distinctly dark women, the women resembling the stock to which he himself belonged. See Havelock Ellis, "The Color Sense in Literature," *Contemporary Review*, May, 1896.

infrequently happens that a man in whose youthful dreams of love the heroine has always been large, has not been able to calculate what are the special nervous and other characteristics most likely to be met in large women, nor how far these correlated characteristics would suit his own instinctive demands. He may, and sometimes does, find that in these other demands, which prove to be more important and insistent than the desire for stature, the tall women he meets are less likely to suit him than the medium or short women.¹ It may thus happen that a man whose ideal of woman has always been as tall may yet throughout life never be in intimate relationship with a tall woman because he finds that practically he has more marked affinities in the case of shorter women. His abstract ideals are modified or negated by more imperative sympathies or antipathies.

In one field such sympathies have long been recognized, especially by alienists, as leading to sexual unions of parity, notwithstanding the belief in the generally superior attraction of disparity. It has often been pointed out that the neuro-pathic, the insane and criminal, "degenerates" of all kinds, show a notable tendency to marry each other. This tendency has not, however, been investigated with any precision.²

The first attempt on a statistical basis to ascertain what degree of parity or disparity is actually attained by sexual selection was made by Alphonse de Candolle.³ Obtaining his facts from Switzerland, North Germany, and Belgium, he came to the conclusion that marriages are most commonly contracted between persons with different eye-colors, except in the case of brown-eyed women, who (as Schopenhauer stated, and as is

¹ It is noteworthy that in the *Round-About*, already referred to, although no man expresses a desire to meet a short woman, when he refers to announcements by women as being such as would be likely to suit him, the persons thus pointed out are in a notable proportion short.

² It has been discussed by F. J. Debret, *La Sélection Naturelle dans l'espèce humaine* (Thèse de Paris), 1901. Debret regards it as due to natural selection.

³ "Hérédité de la Couleur des Yeux dans l'espèce humaine," *Archives des Sciences physiques et naturelles*, sér. iii, vol. xii, 1884, p. 109.

seen in the English data of the sexual ideal I have brought forward) are found more attractive than others.

The first series of serious observations tending to confirm the result reached by the genius of Leonardo da Vinci and to show that sexual selection results in the pairing of like rather than of unlike persons was made by Hermann Fol, the embryologist.¹ He set out with the popular notion that married people end by resembling each other, but when at Nice, which is visited by many young married couples on their honeymoons, he was struck by the resemblances already existing immediately after marriage. In order to test the matter he obtained the photographs of 251 young and old married couples not personally known to him. The results were as follows:

COUPLES.	RESEMBLANCES (PERCENTAGE).	NONRESEMBLANCES (PERCENTAGE).	TOTAL.
Young	132, about 66.66	66, about 33.33	198
Old	38, about 71.70	15, about 28.30	53

He concluded that in the immense majority of marriages of inclination the contracting parties are attracted by similarities, and not by dissimilarities, and that, consequently, the resemblances between aged married couples are not acquired during conjugal life. Although Fol's results were not obtained by good methods, and do not cover definite points like stature and eye-color, they represented the conclusions of a highly skilled and acute observer and have since been amply confirmed.

Galton could not find that the average results from a fairly large number of cases indicated that stature, eye-color, or other personal characteristics notably influenced sexual selection, as evidenced by a comparison of married couples.² Karl

¹ *Revue Scientifique*, Jan., 1891.

² F. Galton, *Natural Inheritance*, p. 85. It may be remarked that while Galton's tables on page 206 show a slight excess of disparity as regards sexual selection in stature, in regard to eye color they anticipate Karl Pearson's more extensive data and in marriages of disparity show a decided deficiency of observed over chance results. In *English Men of Science* (pp. 28-33), also, Galton found that among the parents parity decidedly prevailed over disparity (78 to 31) alike as regards temperament, hair color, and eye color.

Pearson, however, in part making use of a large body of data obtained by Galton, referring to stature and eye-color, has reached the conclusion that sexual selection ultimately results in a marked degree of parity so far as these characters are concerned.¹ As regards stature, he is unable to find evidence of what he terms "preferential mating"; that is to say, it does not appear that any preconceived ideals concerning the desirability of tallness in sexual mates leads to any perceptibly greater tallness of the chosen mate; husbands are not taller than men in general, nor wives than women in general. In regard to eye-color, however, there appeared to be evidence of preferential mating. Husbands are very decidedly fairer than men in general, and though there is no such marked difference in women, wives are also somewhat fairer than women in general. As regards "assortative mating" as it is termed by Pearson,—the tendency to parity or to disparity between husbands and wives,—the result were in both cases decisive. Tall men marry women who are somewhat above the average in height; short men marry women who are somewhat below the average, so that husband and wife resemble each other in stature as closely as uncle and niece. As regards eye-color there is also a tendency for like to marry like; the light-eyed men tend to marry light-eyed women more often than dark-eyed women; the dark-eyed men tend to marry dark-eyed women more often than light-eyed. There remains, however, a very considerable difference in the eye-color of husband and wife; in the 774 couples dealt with by Pearson there are 333 dark-eyed women to only 251 dark-eyed men, and 523 light-eyed men to only 441 light-eyed women. The women in the English population are darker-eyed than the men;² but the difference is scarcely so

¹ Karl Pearson, *Phil. Trans. Royal Society*, vol. clxxxvii, p. 273, and vol. cxcv, p. 113; *Proceedings of the Royal Society*, vol. lxi, p. 28; *Grammar of Science*, second edition, 1900, pp. 425 et seq.; *Biometrika*, November, 1903. The last-named periodical also contains a study on "Assortative Mating in Man," bringing forward evidence to show that, apart from environmental influence, "length of life is a character which is subject to selection;" that is to say, the long-lived tend to marry the long-lived, and the short-lived to marry the short-lived.

² For a summary of the evidence on this point see Havelock Ellis, *Man and Woman*, fourth edition, 1904, pp. 256-264.

great as this; so that even if wives are not so dark-eyed as women generally it would appear that the ideal admiration for the dark-eyed may still to some extent make itself felt in actual mating.

While we have to recognize that the modification and even total inhibition of sexual ideals in the process of actual mating is largely due to psychic causes, such causes do not appear to cover the whole of the phenomena. Undoubtedly they count for much, and the man or the woman who, from whatever causes, has constituted a sexual ideal with certain characters may in the actual contacts of life find that individuals with other and even opposed characters most adequately respond to his or her psychic demands. There are, however, other causes in play here which at first sight may seem to be not of a purely psychic character. One unquestionable cause of this kind comes into action in regard to pigmentary selection. Fair people, possibly as a matter of race more than from absence of pigment, are more energetic than dark people. They possess a sanguine vigor and impetuosity which, in most, though not in all, fields and especially in the competition of practical life, tend to give them some superiority over their darker brethren. The greater fairness of husbands in comparison with men in general, as found by Karl Pearson, is thus accounted for; fair men are most likely to obtain wives. Husbands are fairer than men in general for the same reason that, as I have shown elsewhere,¹ created peers are fairer than either hereditary peers or even most groups of intellectual persons; they have possessed in higher measure the qualities that insure success. It may be added that with the recognition of this fact we have not really left the field of sexual psychology, for, as has already been pointed out, that energy which thus insures success in practical life is itself a sexual allurements to women. Energy in a woman in courtship is less congenial to her sexual attitude than to a man's, and is not attractive to men; thus it is not surprising, even apart from the probably greater beauty of dark women,

¹ "The Comparative Abilities of the Fair and the Dark," *Monthly Review*, August, 1901.

that the preponderance of fairness among wives as compared to women generally, indicated by Karl Pearson's data, is very slight. It may possibly be accounted for altogether by homogamy—the tendency of like to marry like—in the fair husbands.

The energy and vitality of fair people is not, however, it is probable, merely an indirect cause of the greater tendency of fair men to become husbands; that is to say, it is not merely the result of the generally somewhat greater ability of the fair to attain success in temporal affairs. In addition to this, fair men, if not fair women, would appear to show a tendency to a greater activity in their specifically sexual proclivities. This is a point which we shall encounter in a later *Study* and it is therefore unnecessary to discuss it here.

In dealing with the question of sexual selection in man various writers have been puzzled by the problem presented by that abhorrence of incest which is usually, though not always so clearly marked among the different races of mankind.¹ It was once commonly stated, as by Morgan and by Maine, that this abhorrence was the result of experience; the marriages of closely related persons were found to be injurious to offspring and were therefore avoided. This theory, however, is baseless because the marriages of closely related persons are not injurious to the offspring. Consanguineous marriages, so closely as they can be investigated on a large scale,—that is to say, marriages between cousins,—as Huth was the first to show, develop no tendency to the production of offspring of impaired quality provided the parents are sound; they are only injurious in this respect in so far as they may lead to the union of couples who are both defective in the same direction. According to another theory, that of Westermarck, who has very fully and ably discussed the whole question,² “there is an innate aversion to sexual intercourse between persons living very closely together from early youth, and, as such persons are in most cases related, this

¹ The fact that even in Europe the abhorrence to incest is not always strongly felt is brought out by Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, Teil II, pp. 263 *et seq.*

² Westermarck, *History of Marriage*, Chapters XIV and XV.

feeling displays itself chiefly as a horror of intercourse between near kin." Westermarck points out very truly that the prohibition of incest could not be founded on experience even if (as he is himself inclined to believe) consanguineous marriages are injurious to the offspring; incest is prevented "neither by laws, nor by customs, nor by education, but by an *instinct* which under normal circumstances makes sexual love between the nearest kin a psychic impossibility." There is, however, a very radical objection to this theory. It assumes the existence of a kind of instinct which can with difficulty be accepted. An instinct is fundamentally a more or less complicated series of reflexes set in action by a definite stimulus. An innate tendency at once so specific and so merely negative, involving at the same time deliberate intellectual processes, can only with a certain force be introduced into the accepted class of instincts. It is as awkward and artificial an instinct as would be, let us say, an instinct to avoid eating the apples that grew in one's own yard.¹

The explanation of the abhorrence to incest is really, however, exceedingly simple. Any reader who has followed the discussion of sexual selection in the present volume and is also familiar with the "Analysis of the Sexual Impulse" set forth in the previous volume of these *Studies* will quickly perceive that the normal failure of the pairing instinct to manifest itself in the case of brothers and sisters, or of boys and girls brought up together from infancy, is a merely negative phenomenon due to the inevitable absence under those circumstances of the conditions which evoke the pairing impulse. Courtship is the process by which powerful sensory stimuli proceeding from a person of the opposite sex gradually produce the physiological state of tumescence, with its psychic concomitant of love and desire, more or less necessary for mating to be effected. But between those who have been brought up together from childhood all the sensory stimuli of vision, hearing, and touch have been dulled by

¹ Crawley (*The Mystic Rose*, p. 446) has pointed out that it is not legitimate to assume the possibility of an "instinct" of this character; instinct has "nothing in its character but a response of function to environment."

use, trained to the calm level of affection, and deprived of their potency to arouse the erethistic excitement which produces sexual tumescence.¹ Brothers and sisters in relation to each other have at puberty already reached that state to which old married couples by the exhaustion of youthful passion and the slow usage of daily life gradually approximate. Passion between brother and sister is, indeed, by no means so rare as is sometimes supposed, and it may be very strong, but it is usually aroused by the aid of those conditions which are normally required for the appearance of passion, more especially by the unfamiliarity caused by a long separation. In reality, therefore, the usual absence of sexual attraction between brothers and sisters requires no special explanation; it is merely due to the normal absence under these circumstances of the conditions that tend to produce sexual tumescence and the play of those sensory allurements which lead to sexual selection.² It is a purely negative phenomenon and it is quite unnecessary, even if it were legitimate, to invoke any instinct for its explanation. It is probable that the same tendency also operates among animals to some extent, tending to produce a stronger sexual attraction toward those of their species to whom they have not become habituated.³ In animals, and in man also when living under primitive condi-

¹ Fromentin, in his largely autobiographic novel *Dominique*, makes Olivier say: "Julie is my cousin, which is perhaps a reason why she should please me less than anyone else. I have always known her. We have, as it were, slept in the same cradle. There may be people who would be attracted by this almost fraternal relationship. To me the very idea of marrying someone whom I knew as a baby is as absurd as that of coupling two dolls."

² It may well be, as Crawley argues (*The Mystic Rose*, Chapter XVII), that sexual taboo plays some part among primitive people in preventing incestuous union, as, undoubtedly, training and moral ideas do among civilized peoples.

³ The remarks of the Marquis de Brisay, an authority on doves, as communicated to Giard (*L'Intermédiaire des Biologistes*, November 20, 1897), are of much interest on this point, since they correspond to what we find in the human species: "Two birds from the same nest rarely couple. Birds coming from the same nest behave as though they regarded coupling as prohibited, or, rather, they know each other too well, and seem to be ignorant of their difference in sex, remaining unaffected in their relations by the changes which make them adults." Westermarck (*op. cit.*, p. 334) has some remarks on a somewhat similar tendency sometimes observed in dogs and horses.

tions, sexual attraction is not a constant phenomenon¹; it is an occasional manifestation only called out by the powerful stimulation. It is not its absence which we need to explain; it is its presence which needs explanation, and such an explanation we find in the analysis of the phenomena of courtship.

The abhorrence of incest is an interesting and significant phenomenon from our present point of view, because it instructively points out to us the limits to that charm of parity which apparently makes itself felt to some considerable extent in the constitution of the sexual ideal and still more in the actual homogamy which seems to predominate over heterogamy. This homogamy is, it will be observed, a *racial* homogamy; it relates to anthropological characters which mark stocks. Even in this racial field, it is unnecessary to remark, the homogamy attained is not, and could not be, absolute; nor would it appear that such absolute racial homogamy is even desired. A tall man who seeks a tall woman can seldom wish her to be as tall as himself; a dark man who seeks a dark woman, certainly will not be displeased at the inevitably greater or less degree of pigment which he finds in her eyes as compared to his own.

But when we go outside the racial field this tendency to homogamy disappears at once. A man marries a woman who, with slight, but agreeable, variations, belongs to a like stock to himself. The abhorrence of incest indicates that even the sexual attraction to people of the same stock has its limits, for it is not strong enough to overcome the sexual indifference between persons of near kin. The desire for novelty shown in this sexual indifference to near kin and to those who have been housemates from childhood, together with the notable sexual attractiveness often possessed by a strange youth or maiden who arrives in a small town or village, indicates that slight differences in stock, if not, indeed, a positive advantage from this point of view, are certainly not a disadvantage. When we leave the consideration of racial differences to consider sexual differences, not only do we no longer find any charm of parity, but we find that there

¹ See Appendix to vol. iii of these *Studies*, "The Sexual Impulse among Savages."

is an actual charm of disparity. At this point it is necessary to remember all that has been brought forward in earlier pages¹ concerning the emphasis of the secondary sexual characters in the ideal of beauty. All those qualities which the woman desires to see emphasized in the man are the precise opposite of the qualities which the man desires to see emphasized in the woman. The man must be strong, vigorous, energetic, hairy, even rough, to stir the primitive instincts of the woman's nature; the woman who satisfies this man must be smooth, rounded, and gentle. It would be hopeless to seek for any homogamy between the manly man and the virile woman, between the feminine woman and the effeminate man. It is not impossible that this tendency to seek disparity in sexual characters may exert some disturbing influences on the tendency to seek parity in anthropological racial characters, for the sexual difference to some extent makes itself felt in racial characters. A somewhat greater darkness of women is a secondary (or, more precisely, tertiary) sexual character, and on this account alone, it is possible, somewhat attractive to men.² A difference in size and stature is a very marked secondary sexual character. In the considerable body of data concerning the stature of married couples reproduced by Pearson from Galton's tables, although the tall on the average tend to marry the tall, and the short the short, it is yet noteworthy that, while the men of 5 ft. 4 ins. have more wives at 5 ft. 2 ins. than at any other height, men of 6 ft. show, in an exactly similar manner, more wives at 5 ft. 2 ins. than at any other height, although for many intermediate heights the most numerous groups of wives are taller.³

In matters of carriage, habit, and especially clothing the love of sexual disparity is instinctive, everywhere well marked, and often carried to very great lengths. To some extent such

¹ See, especially, *ante*, pp. 163 *et seq.*

² Kistemaeker, as quoted by Bloch (*Beiträge, etc.*, ii. p. 340), alludes in this connection to the dark clothes of men and to the tendency of women to wear lighter garments, to emphasize the white underlinen, to cultivate pallor of the face, to use powder. "I am white and you are brown; ergo, you must love me"; this affirmation, he states, may be found in the depths of every woman's heart.

³ K. Pearson, *Grammar of Science*, second edition, p. 430.

differences are due to the opposing demands of more fundamental differences in custom and occupation. But this cause by no means adequately accounts for them, since it may sometimes happen that what in one land is the practice of the men is in another the practice of the women, and yet the practices of the two sexes are still opposed.¹ Men instinctively desire to avoid doing things in women's ways, and women instinctively avoid doing things in men's ways, yet both sexes admire in the other sex those things which in themselves they avoid. In the matter of clothing this charm of disparity reaches its highest point, and it has constantly happened that men have even called in the aid of religion to enforce a distinction which seemed to them so urgent.² One of the greatest of sex allurements would be lost and the extreme importance of clothes would disappear at once if the two sexes were to dress alike; such identity of dress has, however, never come about among any people.

¹ In *Man and Woman* (fourth edition, p. 65) I have referred to a curious example of this tendency to opposition, which is of almost world-wide extent. Among some people it is, or has been, the custom for the women to stand during urination, and in these countries it is usually the custom for the man to squat; in most countries the practices of the sexes in this matter are opposed.

² It is sufficient to quote one example. At the end of the sixteenth century it was a serious objection to the fashionable wife of an English Brownist pastor in Amsterdam that she had "bodies [a bodice or corset] tied to the petticoat with points [laces] as men do their doublets and their hose, contrary to I Thess., v, 22, conferred with Deut. xxii, 5; and I John ii, 16."

V.

Summary of the Conclusions at Present Attainable in Regard to the Nature of Beauty and its Relation to Sexual Selection.

THE consideration of vision has led us into a region in which, more definitely and precisely than is the case with any other sense, we can observe and even hope to measure the operation of sexual selection in man. In the conception of feminine beauty we possess an instrument of universal extension by which it seems possible to measure the nature and extent of such selection as exercised by men on women. This conception, with which we set out, is, however, by no means so precise, so easily available for the attainment of sound conclusions, as at first it may seem to be.

It is true that beauty is not, as some have supposed, a mere matter of caprice. It rests in part on (1) an objective basis of æsthetic character which holds all its variations together and leads to a remarkable approximation among the ideals of feminine beauty cherished by the most intelligent men of all races. But beyond this general objective basis we find that (2) the specific characters of the race or nation tend to cause divergence in the ideals of beauty, since beauty is often held to consist in the extreme development of these racial or national anthropological features; and it would, indeed, appear that the full development of racial characters indicates at the same time the full development of health and vigor. We have further to consider that (3) in most countries an important and usually essential element of beauty lies in the emphasis of the secondary and tertiary sexual characters: the special characters of the hair in woman, her breasts, her hips, and innumerable other qualities of minor saliency, but all apt to be of significance from the point of view of sexual selection. In addition we have (4) the factor of individual taste, constituted by the special organization and the peculiar experiences of the individual and inevitably affecting his ideal of beauty. Often this individual factor is merged into

collective shapes, and in this way are constituted passing fashions in the matter of beauty, certain influences which normally affect only the individual having become potent enough to affect many individuals. Finally, in states of high civilization and in individuals of that restless and nervous temperament which is common in civilization, we have (5) a tendency to the appearance of an exotic element in the ideal of beauty, and in place of admiring that kind of beauty which most closely approximates to the type of their own race men begin to be agreeably affected by types which more or less deviate from that with which they are most familiar.

While we have these various and to some extent conflicting elements in a man's ideal of feminine beauty, the question is still further complicated by the fact that sexual selection in the human species is not merely the choice of the woman by the man, but also the choice of the man by the woman. And when we come to consider this we find that the standard is altogether different, that many of the elements of beauty as it exists in woman for man have here fallen away altogether, while a new and preponderant element has to be recognized in the shape of a regard for strength and vigor. This, as I have pointed out, is not a purely visual character, but a tactile pressure character translated into visual terms.

When we have stated the sexual ideal we have not yet, however, by any means stated the complete problem of human sexual selection. The ideal that is desired and sought is, in a large measure, not the outcome of experience; it is not even necessarily the expression of the individual's temperament and idiosyncrasy. It may be largely the result of fortuitous circumstances, of slight chance attractions in childhood, of accepted traditions consecrated by romance. In the actual contacts of life the individual may find that his sexual impulse is stirred by sensory stimuli which are other than those of the ideal he had cherished and may even be the reverse of them.

Beyond this, also, we have reason for believing that factors of a still more fundamentally biological character, to some extent deeper even than all these psychic elements, enter into the prob-

lem of sexual selection. Certain individuals, apart altogether from the question of whether they are either ideally or practically the most fit mates, display a greater energy and achieve a greater success than others in securing partners. These individuals possess a greater constitutional vigor, physical or mental, which conduces to their success in practical affairs generally, and probably also heightens their specifically philogamic activities.

Thus, the problem of human sexual selection is in the highest degree complicated. When we gather together such scanty data of precise nature as are at present available, we realize that, while generally according with the results which the evidence not of a quantitative nature would lead us to accept, their precise significance is not at present altogether clear. It would appear on the whole that in choosing a mate we tend to seek parity of racial and individual characters together with disparity of secondary sexual characters. But we need a much larger number of groups of evidence of varying character and obtained under varying conditions. Such evidence will doubtless accumulate now that its nature is becoming defined and the need for it recognized. In the meanwhile we are, at all events, in a position to assert, even with the evidence before us, that now that the real meaning of sexual selection is becoming clear its efficacy in human evolution can no longer be questioned.

APPENDICES

APPENDIX A.

THE ORIGINS OF THE KISS.

MANIFESTATIONS resembling the kiss, whether with the object of expressing affection or sexual emotion, are found among various animals much lower than man. The caressing of the antennæ practiced by snails and various insects during sexual intercourse is of the nature of a kiss. Birds use their bills for a kind of caress. Thus, referring to guillemots and their practice of nibbling each other's feet, and the interest the mate always takes in this proceeding, which probably relieves irritation caused by insects, Edmund Selous remarks: "When they nibble and preen each other they may, I think, be rightly said to cosset and caress, the expression and pose of the bird receiving the benefit being often beatific."¹ Among mammals, such as the dog, we have what closely resembles a kiss, and the dog who smells, licks, and gently bites his master or a bitch, combines most of the sensory activities involved in the various forms of the human kiss.

As practiced by man, the kiss involves mainly either the sense of touch or that of smell. Occasionally it involves to some extent both sensory elements.²

The tactile kiss is certainly very ancient and primitive. It is common among mammals generally. The human infant exhibits, in a very marked degree, the impulse to carry everything to the mouth and to lick or attempt to taste it, possibly, as Compayre suggests,³ from a memory of the action of the lips pro-

¹ E. Selous, *Bird Watching*, 1901, p. 191. This author adds: "It seems probable indeed that the conferring a practical benefit of the kind indicated may be the origin of the caress throughout nature."

² Tylor terms the kiss "the salute by tasting," and d'Enjoy defines it as "a bite and a suction"; there seems, however, little evidence to show that the kiss contains any gustatory element in the strict sense.

³ Compayre, *L'Evolution intellectuelle et morale de l'enfant*, p. 9

truded to seize the maternal nipple. The affectionate child, as Mantegazza remarks,¹ not only applies inanimate objects to its lips or tongue, but of its own impulse licks the people it likes. Stanley Hall, in the light of a large amount of information he obtained on this point, found that "some children insist on licking the cheeks, necks, and hands of those they wish to caress," or like having animals lick them.² This impulse in children may be associated with the maternal impulse in animals to lick the young. "The method of licking the young practiced by the mother," remarks S. S. Buckman, "would cause licking to be associated with happy feelings. And, further, there is the allaying of parasitical irritation which is afforded by the rubbing and hence results in pleasure. It may even be suggested that the desire of the mother to lick her young was prompted in the first place by a desire to bestow on her offspring a pleasure she felt herself." The licking impulse in the child may thus, it is possible, be regarded as the evanescent manifestation of a more fundamental animal impulse,³ a manifestation which is liable to appear in adult life under the stress of strong sexual emotion. Such an association is of interest if, as there is some reason to believe, the kiss of sexual love originated as a development of the more primitive kiss bestowed by the mother on her child, for it is sometimes found that the maternal kiss is practiced where the sexual kiss is unknown.

The impulse to bite is also a part of the tactile element which lies at the origin of kissing. As Stanley Hall notes, children are fond of biting, though by no means always as a method of affection. There is, however, in biting a distinctly sexual origin to invoke, for among many animals the teeth (and among birds the bill) are used by the male to grasp the female more firmly during intercourse. This point has been discussed in the

¹ Mantegazza, *Physiognomy and Expression*, p. 144.

² G. Stanley Hall, "The Early Sense of Self," *American Journal of Psychology*, April, 1898, p. 361.

³ In some parts of the world the impulse persists into adult life. Sir S. Baker (*Ismailia*, p. 472) mentions licking the eyes as a sign of affection.

previous volume of these *Studies* in reference to "Love and Pain," and it is unnecessary to enter into further details here. The heroine of Kleist's *Penthesilea* remarks: "Kissing (Küsse) rhymes with biting (Bisse), and one who loves with the whole heart may easily confound the two."

The kiss, as known in Europe, has developed on a sensory basis that is mainly tactile, although an olfactory element may sometimes coexist. The kiss thus understood is not very widely spread and is not usually found among rude and uncultured peoples. We can trace it in Aryan and Semitic antiquity, but in no very pronounced form; Homer scarcely knew it, and the Greek poets seldom mention it. Today it may be said to be known all over Europe except in Lapland. Even in Europe it is probably a comparatively modern discovery; and in all the Celtic tongues, Rhys states, there is no word for "kiss," the word employed being always borrowed from the Latin *pax*.¹ At a fairly early historic period, however, the Welsh Cymri, at all events, acquired a knowledge of the kiss, but it was regarded as a serious matter and very sparingly used, being by law only permitted on special occasions, as at a game called rope-playing or a carousal; otherwise a wife who kissed a man not her husband could be repudiated. Throughout eastern Asia it is unknown; thus, in Japanese literature kisses and embraces have no existence. "Kisses and embraces are simply unknown in Japan as tokens of affection," Lafcadio Hearn states, "if we except the solitary fact that Japanese mothers, like mothers all over the world, lip and hug their little ones betimes. After babyhood there is no more hugging or kisses; such actions, except in the case of infants, are held to be immodest. Never do girls kiss one another; never do parents kiss or embrace their children who have become able to walk." This holds true, and has always held true, of all classes; hand-clasping is also foreign to them. On meeting after a long absence, Hearn remarks, they smile, perhaps cry a little, they may even stroke each other, but that is all. Japanese affection "is chiefly shown in

¹ *Book of Common Prayer in Manx Gaelic*, edited by A. W. Moore and J. Rhys, 1895.

acts of exquisite courtesy and kindness."¹ Among nearly all of the black races of Africa lovers never kiss nor do mothers usually kiss their babies.² Among the American Indians the tactile kiss is, for the most part, unknown, though here and there, as among the Fuegians, lovers rub their cheeks together.³ Kissing is unknown to the Malays. In North Queensland, however, Roth states, kissing takes place between mothers (not fathers) and infants, also between husbands and wives; but whether it is an introduced custom Roth is unable to say; he adds that the Pitta-pitta language possesses a word for kissing.⁴

It must be remarked, however, that in many parts of the world where the tactile kiss, as we understand it, is usually said to be unknown, it still exists as between a mother and her baby, and this seems to support the view advocated by Lombroso that the lovers' kiss is developed from the maternal kiss. Thus, the Angoni Zulus to the north of the Zambesi, Wiese states, kiss their small children on both cheeks⁵ and among the Fuegians, according to Hyades, mothers kiss their small children.

Even in Europe the kiss in early mediæval days was, it seems probable, not widely known as an expression of sexual love; it would appear to have been a refinement of love only practiced by the more cultivated classes. In the old ballad of Glasgerion the lady suspected that her secret visitor was only a churl, and not the knight he pretended to be, because when he came in his master's place to spend the night with her he kissed her neither coming nor going, but simply got her with child. It is only under a comparatively high stage of civilization that the kiss has been emphasized and developed in the art of love. Thus the Arabic author of the *Perfumed Garden*, a work re-

¹ L. Hearn, *Out of the East*, 1895, p. 103.

² See, e.g., A. B. Ellis, *Tshi-speaking Peoples*, p. 288. Among the Swahili the kiss is practiced, but exclusively between married people and with very young children. Veltien believes they learned it from the Arabs.

³ Hyades and Deniker, *Mission Scientifique du Cap Horn*, vol. vii, p. 245.

⁴ W. Roth, *Ethnological Notes Among the Queensland Aborigines*, p. 184.

⁵ *Zeitschrift für Ethnologie*, 1900, ht. 5, p. 200.

vealing the existence of a high degree of social refinement, insists on the great importance of the kiss, especially if applied to the inner part of the mouth, and he quotes a proverb that "A moist kiss is better than a hasty coitus." Such kisses, as well as on the face generally, and all over the body, are frequently referred to by Hindu, Latin, and more modern erotic writers as among the most efficacious methods of arousing love.¹

A reason which may have stood in the way of the development of the kiss in a sexual direction has probably been the fact that in the near East the kiss was largely monopolized for sacred uses, so that its erotic potentialities were not easily perceived. Among the early Arabians the gods were worshiped by a kiss.² This was the usual way of greeting the house gods on entering or leaving.³ In Rome the kiss was a sign of reverence and respect far more than a method of sexual excitation.⁴ Among the early Christians it had an all but sacramental significance. It retains its ancient and serious meaning in many usages of the Western and still more the Eastern Churches; the relics of saints, the foot of the pope, the hands of bishops, are kissed, just as the ancient Greeks kissed the images of the gods. Among ourselves we still have a legally recognized example of the sacredness of the kiss in the form of taking an oath by kissing the Testament.⁵

So far we have been concerned mainly with the tactile kiss, which is sometimes supposed to have arisen in remote times to the east of the Mediterranean—where the vassal kissed his suzerain and where the kiss of love was known, as we learn from the Songs of Songs, to the Hebrews—and has now conquered

¹ E.g., the *Kama Sutra* of Vatsyayana, Bk. III, Chapter I.

² Hosea, Chapter xiii, v. 2; I Kings, Chapter xix, v. 18.

³ Wellhausen, *Reste Arabischen Heidentums*, p. 109.

⁴ The Romans recognized at least three kinds of kiss: the *osculum*, for friendship, given on the face; the *basium*, for affection, given on the lips; the *suavium*, given between the lips, reserved for lovers.

⁵ In other parts of the world it would appear that the kiss sometimes has a sacred or ritual character. Thus, according to Rev. J. Macdonald (*Journal of the Anthropological Institute*, November, 1890, p. 118), it is part of the initiation ceremony of a girl at her first menstruation that the women of the village should kiss her on the cheek, and on the mons veneris and labia.

nearly the whole of Europe. But over a much larger part of the world and even in one corner of Europe (Lapland, as well as among the Russian Yakuts) a different kind of salutation rules, the olfactory kiss. This varies in form in different regions and sometimes simulates a tactile kiss, but, as it exists in a typical form in China, where it has been carefully studied by d'Enjoy, it may be said to be made up of three phases: (1) the nose is applied to the cheek of the beloved person; (2) there is a long nasal inspiration accompanied by lowering of the eyelids; (3) there is a slight smacking of the lips without the application of the mouth to the embraced cheek. The whole process, d'Enjoy considers, is founded on sexual desire and the desire for food, smell being the sense employed in both fields. In the form described by d'Enjoy, we have the Mongolian variety of the olfactory kiss. The Chinese regard the European kiss as odious, suggesting voracious cannibals, and yellow mothers in the French colonies still frighten children by threatening to give them the white man's kiss. Their own kiss the Chinese regard as exclusively voluptuous; it is only befitting as between lovers, and not only do fathers refrain from kissing their children except when very young, but even the mothers only give their children a rare and furtive kiss. Among some of the hill-tribes of south-east India the olfactory kiss is found, the nose being applied to the cheek during salutation with a strong inhalation; instead of saying "Kiss me," they here say "Smell me." The Tamils, I am told by a medical correspondent in Ceylon, do not kiss during coitus, but rub noses and also lick each other's mouth and tongue. The olfactory kiss is known in Africa; thus, on the Gambia in inland Africa when a man salutes a woman he takes her hand and places it to his nose, twice smelling the back of it. Among the Jekris of the Niger coast mothers rub their babies with their cheeks or mouths, but they do not kiss them, nor do lovers kiss, though they squeeze, cuddle, and embrace.¹ Among the Swahilis a smell kiss exists, and very young boys are taught to raise their clothes before women visitors, who thereupon play-

¹ *Journal of the Anthropological Institute*, August and November, 1898, p. 107.

fully smell the penis; the child who does this is said to "give tobacco."¹ Kissing of any kind appears to be unknown to the Indians throughout a large part of America: Im Thirn states that it is unknown to the Indians of Guiana, and at the other end of South America Hyades and Deniker state that it is unknown to the Fuegians. In North America the olfactory kiss is known to the Eskimo, and has been noted among some Indian tribes, as the Blackfeet. It is also known in Polynesia. At Samoa kissing was smelling.² In New Zealand, also, the *hongī*, or nose-pressing, was the kiss of welcome, of mourning, and of sympathy.³ In the Malay archipelago, it is said, the same word is used for "greeting" and "smelling." Among the Dyaks of the Malay archipelago, however, Vaughan Stevens states that any form of kissing is unknown.⁴ In Borneo, Breitenstein tells us, kissing is a kind of smelling, the word for smelling being used, but he never himself saw a man kiss a woman; it is always done in private.⁵

The olfactory kiss is thus seen to have a much wider extension over the world than the European (or Mediterranean) tactile kiss. In its most complete development, however, it is mainly found among the people of Mongolian race, or those yellow peoples more or less related to them.

The literature of the kiss is extensive. So far, however, as that literature is known to me, the following list includes everything that may be profitably studied: Darwin, *The Expression of the Emotions*; Ling Roth, "Salutations," *Journal of the Anthropological Institute*, November, 1889; K. Andree, "Nasengruss," *Ethnographische Parallelen*, second series, 1889, pp. 223-227; Alfred Kirchhoff, "Vom Ursprung des Kusses," *Deutsche Revue*, May, 1895; Lombroso, "L'Origine du Baiser," *Nouvelle Revue*, 1897, p. 153; Paul d'Enjoy, "Le Baiser en Europe et en Chine," *Bulletin de la Société d'Anthropologie*, Paris, 1897, fasc. 2.

¹ Veltin, *Sitten und Gebräuche der Suaheli*, p. 142.

² Turner, *Samoa*, p. 45.

³ Tregear, *Journal of the Anthropological Institute*, 1889.

⁴ *Zeitschrift für Ethnologie*, 1896, ht. 4, p. 272.

⁵ Breitenstein, *21 Jahre in India*, vol. i, p. 224.

Professor Nyrop's book, *The Kiss and its History* (translated from the Danish by W. F. Harvey), deals rather with the history of the kiss in civilization and literature than with its biological origins and psychological significance.

APPENDIX B.

HISTORIES OF SEXUAL DEVELOPMENT.

THE histories here recorded are similar in character to those given in Appendix B of the previous volume.

HISTORY I.—C. D., clergyman, age, 34. Height about 5 ft. 8 in. Weight, 8st. 8lb. Complexion, fair. Physical infirmities, very myopic, tendency to consumption.

"My family is of old lineage on both sides. My parents were normal and fairly healthy; but I consider that heredity, though not vitiated, is somewhat overrefined, and there is a neuropathic tendency, which has appeared in myself and in one or two other members of the family. As a child, I suffered, though not very frequently, from nocturnal enuresis. My sexual nature, though normal, has been keenly alive and sensitive as far back as I can remember; and as I look back I discern within myself in early childhood what I now understand to be a decided masochistic or passively algolagnic tendency. So far as I remember, this manifested itself in me in two aspects; one psychic or sentimental and free from carnality, expressing itself in imaginative visions such as the following: I used to imagine myself kneeling before a young and beautiful woman and being sentenced by her to some punishment, and even threatened with death. At other times I would picture myself as a wounded soldier watched over on his sickbed by queenly women. These visions always included an imagination of something heroic in my own personality. No doubt they were the same kind of dreamings as are present in multitudes of imaginative children; they are only of interest in so far as a sexual element was present; and that was algolagnic in character.

"I had a small fund of natural common sense; and my surroundings were not favorable to sentimental imaginings; consequently I believe I began to throw them off at an early age, though the temperament which produced them is still a part of my nature.

"On the carnal side, the sexual instinct was decidedly algolagnic. Masturbation is one of my earliest recollections; indeed, it was not at first, so far as I remember, associated with any sexual ideas at all; but began as a reflex animal act. I do not remember its first occurrence. It soon, however, became associated in my mind with algolagnic excitement, giving rise to reveries which took the ordinary form of

imagining oneself stripped and whipped, etc., by persons of the opposite sex. The *dramatis personæ* in my own algolagnic reveries were elderly women; somewhat strangely, I did not associate physical sexuality at this period with young and attractive women. If scientific light on these matters were generally available in the practical bringing up of children, persons in charge of young children might refrain from exciting an algolagnic tendency or doing anything calculated to awake sexual emotions prematurely. In my own case, I recollect acts performed by older persons in ignorance and thoughtlessness which undoubtedly tended to foster and strengthen my algolagnic instinct.

"Little or nothing was done to prevent, discover, or remedy the pernicious habit into which I was falling unknowingly. Circumcision was perhaps little thought of in those days as a preventive of juvenile masturbation; at any rate, it was not resorted to in my case. I remember, indeed, that a nurse discovered that I was practicing masturbation, and I think she made a few half-hearted attempts to stop it. It was probably these attempts which gave me a growing feeling that there was something wrong about masturbation, and that it must be practiced secretly. But they were unsuccessful in their main object. The practice continued.

"I went to school at the age of 10. There I came in contact almost without warning, with the ordinary lewdness and grossness of school conversation, and took to it readily. I soon became conversant with the theory of sexual relations; but never got the opportunity of sexual intercourse, and probably should have felt some moral restraint even had such opportunity presented itself, for coitus, however interesting it might be to talk about, was a bigger thing to practice than masturbation. I masturbated fairly frequently, occasionally producing two orgasms in quick succession. I seldom masturbated with the hand; my method was to lie face downward. There was probably little or no homosexuality at my first school. I never heard of it till later, and it was always repugnant to me, though surrounded with a certain morbid interest. Masturbation was discountenanced openly at the school, but was, I believe, extensively practiced, both at that school and at the two others I afterward attended. The boys often talked about the hygiene of it; and the general theory was that it was somehow physically detrimental; but I heard no arguments advanced sufficiently cogent to make me see the necessity for a real moral effort against the habit, though, as I neared puberty, I was indulging more moderately and with greater misgivings.

"The fact of becoming acquainted with the theory of sexual intercourse tended to diminish the algolagnia, and to impel my sexual instinct into an ordinary channel. On one occasion circumstances brought me into close contact with a woman for about three or four

weeks, I being a mere boy and she very much my senior. I felt sexually attracted by this woman, and allowed myself a degree of familiarity with her which I have since recognized as undue and have deeply regretted. It did not, however, go to the length of seduction, and I trust may have passed away without leaving any permanent harm. It should, indeed, be remarked here that I never knew a woman sexually till my marriage; and with the one exception mentioned I do not recall any instance of conduct on my part toward a woman which could be described as giving her an impulse downhill.

"On the psychic side my sexual emotions awoke in early childhood; and though my love affairs as a boy were not frequent and were kept to myself, they attained a considerable degree of emotional power. Leaving out of account the precocious movements of the sexual instinct to which I have already referred as colored by psychic algolagnia, I may say that somewhat later, from the age of puberty and onward, I had three or four love affairs, devoid of any algolagnic tendency, and considerably more developed on the psychic and emotional, than on the physical, side. In fact, my experience has been that when deeply in love, when the mind is full of the love ecstasy, the physical element of sexuality is kept—doubtless only temporarily—in abeyance.

"To return now to the subject of masturbation. Here befell the chief moral struggle of my early life; and no terms that I have at command will adequately describe the stress of it.

"A casual remark heard one day as I was arriving at puberty convinced me that there must be truth in the vague schoolboy theory that masturbation was *weakening*. It was to the effect that the evil results of masturbation practiced in boyhood would manifest themselves in later life. I then realized that I must relinquish masturbation, and I set myself to fight it; but with grave misgivings that, owing to the early age at which I had formed the habit, I had already done myself serious harm.

"Before many weeks had passed, I had formed a resolution to abstain, which I kept thereafter without—so far as I remember—more than one conscious lapse into my former habit. Here it must be said at once that, so far as touches my own experience of a struggle of this kind, the religious factor is of primary importance as strengthening and sustaining the moral effort which has to be made. I am writing an account of my sexual, not my spiritual, experiences; but I should not only be untrue to my convictions, but unable to give an accurate and penetrating survey of the development of my sex life, unless I were clearly to state that it was to a large extent on that life that my strongest and most valuable religious experiences arose.¹ It is to the

¹ My Christian faith is of a somewhat nonemotional, intellectual type, with a considerable element of agnostic reserve.

endeavor to discipline the sexual instinct, and to grapple with the difficulties and anxieties of the sex life, that I owe what I possess of spiritual religion, of the consciousness that my life has been brought into contact with Divine love and power.

"My early habits, after they were broken off, left me none the less a legacy of sexual neurasthenia and a slight varicocoele. My nocturnal pollutions were overfrequent; and I brooded over them, being too reticent and too much afraid of exposure at school and possible expulsion to confide in a doctor. Far better for me had I done so, for a few years later I received the truest kindness and sympathy in regard to sexual matters at the hands of more than one medical man. But while at school I was afraid to speak of the trouble which so unnerved and depressed me; and as a consequence my morbid fears grew stronger, being intensified by generalities which I met with from time to time in my reading on the subject of the punishment which nature metes out to impurity.

"On leaving school my sex life continued for some years on the same lines: a struggle for chastity, morbid fears and regrets about the past, efforts to cope with the neurasthenia, and a haunting dread of coming insanity. These troubles were increased by my sedentary life. However I obtained medical aid, and put as good a face on matters as possible.

"But the most trying thing of all has yet to be mentioned—the discovery that I had not yet got fully clear of the habit of masturbation. I had, indeed, repudiated it as far as my conscious waking moments were concerned, even though strongly impelled by sexual desire; but one night, about a year after I had relinquished the practice, I found myself again giving way to it in those moments between sleeping and waking when the will is only semiconscious. It was as if a race took place for wakefulness between my physical instinct, on the one side, and my moral sense and inhibitory nerves on the other; and very frequently the physical instinct won. This, perhaps, is not an uncommon experience, but it distressed me greatly; and I never felt safe from it until marriage. I resorted to various expedients to combat this tendency, at length having to tie myself in a certain position every night with a cord round my legs, so as to render it impossible to turn over upon my face.

"In my early manhood the strain on my constitution was considerable from causes other than the sexual neurasthenia, which, indeed, I am now well aware I exaggerated in importance. Medical advisers whom I consulted in that period assured me that this was so; and, though at the time I often thought that they were concealing the real facts from me out of kindness, my own reading has since convinced me that they spoke nothing but scientific truth.

"The years went on. I went through a university course, and in spite of my poor health took a good degree. The agony of my struggle for chastity seemed to come to a climax about four years later when for a long period, partly owing to overstudy and partly to the sexual strain, I fell into a condition of severe nervous exhaustion, one of the most distressing symptoms of which was insomnia. The dreaded cloud of insanity seemed to come closer. I had to use alcohol freely at nights; and might by now have become a drunkard, had I not been casually—or I must say, Providentially—directed to the common sense plan of measuring my whisky in a dram glass; so that the alcohol could not steal a march upon me.

"This period was one of acute mental suffering. One cause of the nervous tension was—as I have now no doubt—the need of healthy sexual intercourse. I proved this eventually. My circumstances, which had long been adverse to marriage, at length were shaped in that direction. I renewed acquaintance with a lady whom I had known well some years before; and our friendship ripened until, after much perplexity on my side, owing to the uncertainty of my health and prospects, I decided that it was right to speak. We were married after a few months; and I realized that I had gained an excellent wife. We did not come together sexually for some nights after marriage; but, having once tasted the pleasure of the marriage bed, I have to admit that, partly owing to ignorance of the hygiene of marriage, I was for some time rather unrestrained in conjugal relations, requiring intercourse as often as eight or nine times a month. This was not unnatural when one considers that I had now for the first time free access to a woman, after a long and weary struggle to preserve chastity. Married life, however, tends naturally—or did so in my case—to regulate desire; and when I began to understand the ethics and hygiene of sex, as I did a year or two after marriage, I was enabled to exercise increasing self-restraint. We are now sparing in our enjoyment of conjugal pleasure. We have had no children; and I attribute this chiefly to the remaining sexual weakness in myself.¹ But I may say that not only my sexual power, but my nerve-power and general health, were greatly improved by marriage; and though I have fallen back, the last year or two, into a poor state of health, the cause of this is probably overwork rather than anything to do with sex. Not but what it must be said that, had it not been for the juvenile masturbation superadded to a neuropathic temperament, my constitution would no doubt have endured

¹ On having connection with my wife I frequently exhibit sufficient sexual power to produce orgasm in her; but on occasion, especially during the first year or so of married life, I have been unable to do this, owing to the too rapid action of the reflexes in myself, and have even, now and again, had emissions *ante portam*.

the general strain of life better than it has done. The algolagnia, being one of the congenital conditions of my sexual instinct, must be considered fundamental, and certainly has not been eliminated. If I were to allow myself indulgence in algolagnic reveries they would even now excite me without difficulty; but I have systematically discouraged them, so that they give me little or no practical trouble. My erotic dreams, which years ago were (to the best of my remembrance) frequently algolagnic, are now almost invariably normal.

"My conjugal relations have always been on the lines of strictly normal sexuality. I have a deep sense of the obligations of monogamous marriage, besides a sincere affection for my wife; consequently I repress as far as possible all sexual inclinations, such as will come involuntarily sometimes, toward other women.

"From what I have disclosed, it will be seen that I am but a frail man; but for many years I have striven honestly and hard to discipline sexuality within myself, and to regulate it according to right reason, pure hygiene, and the moral law; and I can but hope and believe that the Divine Power in which I have endeavored to trust will in the future, as it has done in the past, working by natural methods and through the current events of my life, amend and control my sex life and conduct it to safe and honorable issues."

HISTORY II.—A. B., married, good general health, dark hair, fair complexion, short-sighted, and below medium height. Parents both belong to healthy families, but the mother suffered from nerves during early years of married life, and the father, a very energetic and ambitious man, was cold, passionless, and unscrupulous. A. B. is the oldest child; two of the brothers and sisters are slightly abnormal, nervously. But, so far as is known, none of the family has ever been sexually abnormal.

A. B. was a bright, intelligent child, though inclined to be melancholy (and in later years prone to self-analysis). At preparatory school was fairly forward in studies, at public school somewhat backward, at University suddenly took a liking to intellectual pursuits. Throughout he was slack at games. Has never been able to learn to swim from nervousness. Can whistle well. Has always been fond of reading, and would like to have been an author by profession. He married at 24, and has had two children, both of whom showed congenital physical abnormalities.

Before the age of 7 or 8 A. B. can remember various trifling incidents. "One of the games I used to play with my sister," he writes, "consisted in pretending we were 'father and mother' and were relieving ourselves at the w. c. We would squat down in various parts of the room, prolong the simulated act, and talk. I do not remember what our conversation was about, nor whether I had an erection.

I used also to make water from a balcony into the garden, and in other unusual places.

"The first occasion on which I can recollect experiencing sensations or emotions similar in character to later and more developed feelings of desire was at the age of about 7 or 8, when I was a day-boy at a large school in a country town and absolutely innocent as to deed, thought, or knowledge. I fell in love with a boy with whom I was brought in contact in my class, about my own age. I remember thinking him pretty. He paid me no attention. I had no distinct desire, except a wish to be near him, to touch him, and to kiss him. I blushed if I suddenly saw him, and thought of him when absent and speculated on my chances of seeing him again. I was put into a state of high ecstasy when he invited me to join him and some friends one summer evening in a game of rounders.

"At the age of 8 I was told by my father's groom where babies came from and how they were produced. (I already knew the difference in sexual organs, as my sister and I were bathed in the same room.) He told me no details about erection, semen, etc. Nor did he take any liberties with me. I used to notice him urinating; he used to push back the foreskin and I thought his penis large.

"When about 8 years old the nursemaid told me that the boy at her last place had intercourse with his sister. I thought it disgusting. About a year later I told the nurse I thought the story of Adam and Eve was not true and that when Eve gave Adam the apple he had intercourse with her and she was punished by having children. I don't know if I had thought this out, or if it had been suggested to me by others. This nurse used often to talk about my 'tassel.'

"A family of several brothers went to the same school with me, and we used to indulge in dirty stories, chiefly, however, of the w. c. type rather than sexual.

"When I was about 10 I learned much from my father's coachman. He used to talk about the girls he had had intercourse with, and how he would have liked this with my nursemaid.

"A year later I went to a large day school. I think most of the boys, if not nearly all, were very ignorant and innocent in sexual matters. The only incident in this connection I can recollect is asking a boy to let me see his penis; he did so.

"During the summer holidays, at a watering place I attended a theatrical performance and fell in love with a girl of about 12 who acted a part. I bought a photograph of her, which I kept and kissed for several years after. About the same time I thought rather tenderly of a girl of my own age whose parents knew mine. I remember feeling that I should like to kiss her. Once I furtively touched her hair.

"When I was 12 I was sent to a small preparatory boarding

school, in the country. During the holidays I used to talk about sexual things with my father's footman. He must have told me a good deal. I used to have erections. One evening, when I was in bed and everyone else out (my mother and the children in the country) he came up to my room and tried to put his hand on my penis. I had been thinking of sexual matters and had an erection. I resisted, but he persisted, and when he succeeded in touching me I gave in. He then proceeded to masturbate me. I sank back, overcome by the pleasant sensation. He then stopped and I went on myself. In the meantime he had taken out his penis and masturbated himself before me until the orgasm occurred. I was disgusted at the sight of his large organ and the semen. He then left me. I could hardly sleep from excitement. I felt I had been initiated into a great and delightful mystery.

"I at once fell into the habit of masturbation. It was some months before I could produce the orgasm; at about 13 a slight froth came; at about 14 a little semen. I do not know how frequently I did it—perhaps once or twice a week. I used to feel ashamed of myself afterward. I told the man I was doing it and he expressed surprise I had not known about it before he told me. He warned me to stop doing it or it would injure my health. I pretended later that I had stopped doing it.

"I practiced solitary masturbation for some months. At first the semen was small in amount and watery.

"I had not at this time ever succeeded in drawing the foreskin below the 'corona.' After masturbation I would sometimes feel local pain in the penis, sometimes pains in the testicles, and generally a feeling of shame, but not, I think, any lassitude. The shame was a vague sense of discomfort at having done what I knew others would regard as dirty. I also experienced fears that I was injuring my health.

"It was not long before I found other boys at the preparatory school with whom I talked of sexual things and in some cases proceeded to acts. The boys were between the ages of 9 and 14; they left at 14 or 15 for the public schools. We slept in bedrooms—several in one room.

"There was no general conversation on sexual matters. Few of the boys knew anything about things—perhaps 7 or 8 out of 40. Before describing my experiences at the school I may mention that I cannot remember having at this period any wish to experience heterosexual intercourse; I knew as yet nothing of homosexual practices; and I did not have, except in one case, any love or affection for any of the boys.

"One night, in my bedroom—there were about six of us—we were talking till rather late. My recollection commences with being aware

that all the boys were asleep except myself and one other, P. (the son of a clergyman), who was in a bed at exactly the opposite end of the room. I suppose we must have been talking about this sort of thing, for I vividly remember having an erection, and suddenly—as if by premonition—getting out of my bed, and, with heart beating, going softly over to P.'s bed. He exhibited no surprise at my presence; a few whispered words took place; I placed my hand on his penis, and found he had an erection. I started masturbating him, but he said he had just finished. I then suggested getting into bed with him. (I had never heard at that time of such a thing being done, the idea arose spontaneously.) He said it was not safe, and placed his hand on my penis, I think with the object of satisfying and getting rid of me. He masturbated me till the orgasm occurred.

"I had no further relations with him, except on one occasion, shortly afterward, when one day, in the w. c. he asked me to masturbate him. I did so. He did not offer to do the same to me.

"He was a delicate, feeble boy; not good at work; womanish in his ways; inclined to go in for petty bullying, until a boy showed fight, when he discovered himself to be an arrant coward. Four or five years later I met him at the university. His greeting was cool. My next affair was with a boy who was about my age (13), strong, full-blooded, coarse, always in 'hot water.' He was the son of the headmaster of one of the best-known public schools. It was reported that two brothers had been expelled from this public school for what we called 'beastliness.' He told me his older brother used to have inter-rural intercourse with him. This was the first I had heard of this. We used to masturbate mutually. I had, however, no affection or desire for him.

"With E., another boy, I had no relations, but I remember him as the first person of the same sex for whom I experienced love. He was a small, fair, thin, and little boy, some two years younger than myself, so my inferior in the social hierarchy of a school.

"At the end of my last term I had two disappointments. I was beaten by a younger and clever boy for the first place in the school, and also beaten by one point in the competition for the Athletic Cup by a stronger boy who had only come to the school that very term. However, as a consolation prize, and as I was leaving, the headmaster gave me a second prize. This soothed my hurt feelings, and I remember, just after the 'head' had read out the prizes, on the last day of term, E., coming up to me, putting his arm on my shoulder, looking at me rather pensively, and in a voice that thrilled me and made me wish to kiss and hug him, tell me he was so glad I had got a prize and that it was a shame that other chap had beaten me for the cup.

"I was three years (aged 12 to 15) at the preparatory school. I started in the bottom form and ended second in the school. My reports were generally good, and I was keen to do well in work. I was considerably influenced by the 'head.' He was a clergyman, but a man of wide reading, broad opinion, great scholarship, and great enthusiasm. We became very friendly.

"During the holidays I now first practiced intercrural intercourse with a younger brother. I started touching his penis, and causing erections, when he was about 5. Afterward I got him to masturbate me and I masturbated him; I used to get him into bed with me. On one occasion I spontaneously (never having heard of such a thing) made him take my penis in his mouth.

"This went on for several years. When I was about 16 and he about 10, the old family nurse spoke to me about it. She told me he had complained of my doing it. I was in great fear that my parents might hear of it. I went to him; told him I was sorry, but I had not understood he disliked it, but that I would not do it again.

"About a year later (having persisted in this promise) I made overtures to him, but he refused. I then commended his conduct, and said I knew he was quite right, and begged him to refuse again if I should ever suggest it. I did not ever suggest it again. For many years I bitterly reproached myself for having corrupted him. However, I do not think any harm has been done him. But my self-reproaches have caused me to feel I owe some reparation to him. I also have more affection for him than for my other brothers and sisters.

"At the age of 15 I went to one of the large public schools. I was fairly forward for my age, and entered high. But I made small progress. I had bad reports; I was 'slack in games,' and not popular among the boys. In fact, I stood still, so that when I left I was backward in comparison with other boys of even less natural intelligence.

"The teaching was certainly bad. Moreover, I had not any friends, and this made me very sensitive. It was to a great extent my fault. When I first went there I was taken up by a set above me—boys who were 'senior' to me in standing. When they left I found myself alone.

"My unpopularity was increased by my being considered to put on 'side'; also because I paid attention to my dress.

"At the public school I had homosexual relations with various boys, usually without any passion. With one boy, however, I was deeply in love for over a year; I thought of him, dreamed of him, would have been content only to kiss him. But my courtship met with no success.

"When carrying on with other boys the desire to reach the crisis was not always strong, perhaps out of shyness or modesty. Occasion-

ally I had intercrural connection, which gave me the first intimation of what intercourse with a woman was like. When I masturbated in solitude I used to continue till the orgasm.

"My housemaster one day sent for me and said he had walked through my cubicle and noticed a stain on the sheet. At this time I used to have nocturnal emissions. I cannot remember whether on this occasion the strain was due to one, or to masturbation. But I imagined that one did not have 'wet dreams' unless one masturbated. So when he went on to say that this was a proof that I was immoral I acknowledged I masturbated. He then told me I would injure my health—possibly 'weaken my heart,' or 'send myself mad'; he said that he would ask me to promise never to do it again.

"I promised. I left humiliated and ashamed of myself; also generally frightened. He used to send for me every now and then, and ask me if I had kept my promise. For some months I did. Then I relapsed, and told him when he asked me. Ultimately he ceased sending for me—apparently convinced either that I was cured or that I was incorrigible.

"A year or so afterward he discovered in my study (for I was now in the upper school and had a study) a French photograph that a boy had given me, entitled '*Qui est dans ma chambre?*' It represented a man going by mistake into the wrong bedroom; inside the room was a woman, in nightdress, in an attitude that suggested she had just been relieving herself. My housemaster told me the picture was terribly indecent, and that, taken with what he knew of my habits, it showed I was not a safe boy to be in the school. He added that he did not wish to make trouble at home, but that he advised me to get my parents to remove me at the end of that term, instead of the following term, when, in the ordinary course of things, I should have left.

"I wrote to my people to say I was miserable at school, and I was removed at the end of that term.

"My first case of true heterosexual passion was with a girl called D., whom I first knew when she was about 16. My family and hers were friendly. My attraction to her soon became a matter of common knowledge and joking to members of my family. She was a dark, passionate-looking child, with large eyes that—to me—seemed full of an inner knowledge of sexual mysteries. Precocious, vain, jealous, untruthful—those were qualities in her that I myself soon recognized. But the very fact that she was not conventionally 'goody-goody' proved an attraction to me.

"I never openly made love to her, but I delighted to be near her. Our ages were sufficiently separated for this to be noticeable. I dreamed of her, and my highest ideal of blessedness was to kiss her and

tell her I loved her. I heard that she had been discovered talking indecently in a w. c. to some little boys, sons of a friend of my family's. The knowledge of this precocity on her part intensified my fascination for her.

"When I left home to return to school I kissed her—the only time. Absence did nothing to diminish my affection. I thought of her all day long, at work or at play. I wrote her a letter—not openly passionate, but my real feelings toward her must have been apparent. I found out afterward that her mother opened the letter.

"When I returned home for the holidays her mother asked me not to write her any letters and not to pay attentions to her, as I might 'spoil her.' I promised. I was, of course, greatly distressed.

"D. used to come to our house to see my younger sister. She had clearly been warned by her mother not to allow me to speak to her. I was too nervous to make any advances; besides, I had promised. As I grew older, my passion died out. I have hardly ever seen her since. She married some years ago. I still retain sentimental feelings toward her.

"I was now 18; I had stopped growing and was fairly broad and healthy. Intellectually I was rather precocious, though not ambitious. But I was no good at games, had no tastes for physical exercises, and no hobbies.

"During the holidays, in my last year at school, I had gone to the Royal Aquarium with a school companion. This was followed by one or two visits to the Empire Theatre. It was then that I first discovered that sexual intercourse took place outside the limits of married life. On one occasion my friend talked to one of the women who were walking about. This same friend spoke to a prostitute at Oxford. (At this time I went up to the university.) Once or twice I met this girl. She used to ask about my friend. My feelings toward her were a combination of admiration for her physical beauty, a sense of the 'mystery' of her life, and pity for her isolated position.

"On the whole, my first university term produced considerable improvement in me. I began to be interested in my work and to read a fair amount of general literature. I learned to bicycle and to row. I also made one intimate friend.

"In my first holiday I went to the Empire and made the acquaintance of a girl there, W. H. She attracted me by her quiet appearance. I eventually made arrangements to pay her a visit. My apprehensions consisted of: 1. Fear of catching venereal disease. This I decided to safeguard by using a 'French letter.' 2. Fear that she might have a 'bully.'

"The girl showed no sexual desire; but at that time this did not attract my attention.

"I got very much 'gone' on her, paid her several visits, gave her some presents I could ill afford, and felt very distressed when she informed me she was to be married and therefore could not see me any more.

"My experiences with prostitutes cover a period of twelve years. During three years of this period I was continually in their company. I have had intercourse with some two dozen; in some cases only once; in others on numerous occasions. They have usually been of the class that frequent Piccadilly, St. James Restaurant, the Continental Hotel, and the Dancing Clubs. Usual fee, £2 for the night; in one case, £5.

"1. Not one of them, as far as I knew, was a drunkard.

"2. As a rule, they were not mercenary or dishonest.

"3. In their language and general behavior they compared favorably with respectable women.

"4. I never caught venereal disease.

"5. I twice caught pediculi.

"6. I did not find them, as a rule, very sensual or fond of indecent talk. As a rule, they objected to stripping naked; they did not touch my organs; they did not suggest masturbation, sodomy, or *fellatio*. They seldom exhibited transports, but the better among them seemed sentimental and affectionate.

"7. Their accounts of their first fall were nearly always the same. They got to know a 'gentleman,' often by his addressing them in the street; he took them about to dinners and theatres; they were quite innocent and even ignorant; on one occasion they drank too much; and before they knew what was happening they were no longer virgins. They do not, however, apparently round on the man or expose him or refuse to have anything more to do with him.

"8. They state—in common with the outwardly 'respectable' women whom I have had a chance of catechising—that before the first intercourse they did not feel any conscious desire for intercourse and hardly devoted any thought to it, that it was very painful the first time, and that some time elapsed before they commenced to derive pleasure from it or to experience the orgasm.

"E. B. was the second woman I had intercourse with. She was a prostitute, but very young (about 18) and had only been in London a few months. I met her first in the St. James Restaurant. I spoke a few words to her. The next day I saw her in the Burlington Arcade. I was not much attracted to her; she was pretty, in a coarse, buxom style; vulgar in manners, voice, and dress. She asked me to go home with her; I refused. She pressed me; I said I had no money. She still urged me, just to drive home with her and talk to her while she dressed for the evening. I consented. We drove to lodgings in Albany Street. We went in. She proceeded to kiss me. I remained cold, and

told her again I had no money. She then said: "That does not matter. You remind me of a boy I love. I want you to be my fancy boy." I was flattered by this. I saw a good deal of her. She was sentimental. I never gave her any money. When I had some, she refused to take it, but allowed me to spend a little in buying her a present. On the night before I left London she wept. She wrote me illiterate, but affectionate letters. One day she wrote to me that she was to be kept by a man, but that she had made it a condition with him that she should be allowed to have me. I had never been in love with her, because of her vulgarity. I therefore took the earliest opportunity of letting matters cool, by not writing often, etc. The next thing I remember was my fascination, a few months later, for S. H.

"She was not a regular prostitute. She had taken a very minor part in light opera. She was American by birth, young, slim, and spoke like a lady. Her hair was dyed; her breasts padded. She acted sentiment, but was less affectionate than E. B. I met her when she was out of a job. I gave her £2 whenever I met her. She was not mercenary. She was sensual. I became very much in love with her. I discovered her, however, writing letters to a fellow whom I had met one day when I was walking with her. He was only an acquaintance, but the brother of my most intimate friend. What I objected to was that in this letter to him she protested she did not care for me, but could not afford to give me up. She had to plead guilty, but I was so fascinated by her I still kept in with her, for a time, until she was kept by a man, and I had found other women to interest me.

"Owing to the strict regulations made by the university authorities, prostitutes find it hard to make a living there, and I never had anything to do with one. My adventures were among the shopgirl class, and were of a comparatively innocent nature. One of them, however, M. S., a very undemonstrative shopgirl, was the only girl not a prostitute with whom I had so far had intercourse.

"About this time I made the acquaintance of three other prostitutes, who, however, were nice, gentle, quiet girls, neither vulgar nor mercenary. A night passed with them always meant to me much more than mere intercourse. They were—especially two of them—of a sentimental nature, and would go to sleep in my arms. There was, on my part, not any passion, but a certain sympathy with them, and pity and affection. I remained faithful to the first, J. H., until she was kept by a man, and gave up her gentlemen friends. Then came D. V. She got in the family way and left London. Last, M. P. She was not pretty, but a good figure, well dressed, a bright conversationalist, and an intelligent mind. Her regular price for the night was £5, but when she got to know one she would take one for less and take

one 'on tick.' She was very sensual. On one occasion, between 11 P.M. and about midday the following day I experienced the orgasm eleven or twelve times.

"During term time I was often prevented from having women by want of money and absence from London. I considered myself lucky if I could have a woman once or twice a month. My allowance was not large enough to admit of such luxuries; and I was only able to do what I did by being economical in my general expenditure and living, and by running up bills for whatever I could get on credit. I lived in the hopes of picking up 'amateurs' who would give me what I wanted for the love of it and without payment. My efforts were not very successful at present, except in the case of M. S. I considered myself very lucky in having discovered her, and I should have stuck to her for longer but for the rival attraction of another. There was, however, no deep sentiment on either side.

"But in order to preserve a continuity in my account of the women, I have left out two cases of temporary reversion to homosexual practices. During the periods when I could not get a woman I had recourse once more to masturbation. At times I had 'wet dreams' in which boys figured; and my thoughts, in waking hours, sometimes reverted to memories of my school experiences. I think, however, that I should have preferred a woman."

The homosexual reversions were as follows:—

"1. I had arranged to meet a shopgirl one evening, outside the town. She did not turn up. The meeting place was a railway bridge. Waiting there too, a few feet from me, was a boy of about 15. He was employed (I afterward found) by a gardener, and was waiting to meet his brother, who was engaged on the line. I got into casual conversation with him, and suddenly found myself wondering whether he ever masturbated. With a feeling, that I can only describe by calling it an intuition, I moved nearer him, and asked: 'Do you ever play with yourself?' He did not seem surprised at the abruptness of my question, and answered 'yes.' I thereupon touched his penis, and found he had an erection! I suggested retiring to a bench that was near. We sat down. I masturbated him till he experienced the orgasm; then intercrurally. I gave him a shilling, and said good night.

"2. During my last summer at the university I took to gardening. There was a small piece of garden behind the house in which I had lodgings. My landlady suggested getting a cousin of hers, employed by a nurseryman, to supply me with plants, etc. He was a youth of about 16 or 17, tall, dark, not bad favored in looks. I forget how many times I saw him—not many, perhaps twice or thrice; but one day, when he came to see me in my room, about something connected with the garden, I gave him some old clothes of mine. He was

a great deal taller than myself, and I suggested his trying on the trousers to see if they would fit. I do not know whether I made this suggestion with any ulterior motive or whether I had ever before thought of him in connection with any sexual relations. I only know that once more, as if guided by instinct, I felt he would not rebuff me, although certainly no indecent talk had ever taken place between us. I pretended to help him to pull up the trousers, and let my hand touch his penis. He did not resist; and I felt his penis for a few seconds. I then proposed he should come upstairs to my bedroom. No one was in the house. We went up. He did not at first have an erection. I asked why. He said 'because you are strange to me.' He then felt my penis. Eventually we mutually masturbated one another. I gave him half a crown.

"Some short time afterward he came again to the house. On this occasion I attempted *fellatio*. I don't think I had at that time ever heard of such a practice. He said, however, he did not like it. He masturbated intererurally. He said he had never done this before, although he had had girls. (The other boy also told me he had had girls.)

"3. On another occasion I was out bicycling. A boy, of about 10 years of age, offered me a bunch of violets for a penny. I told him I would give him a shilling to pick me a large bunch. I am not sure if I had any ulterior motive. He proceeded into a wood on the side of the road; I dismounted from my machine and followed him. He was a pretty, dark boy. He made water. I went up to him and asked him to let me feel his penis. He at once jumped away, and ran off shrieking. I was frightened, mounted my bicycle, and rode as fast as I could home.

"There was no sentiment in the above cases. It is also to be noted that in neither instance did I make any arrangements to see the person again. As far as I can remember, when once I was satisfied I felt disgust for my act. In the case of women this was never so.

"Two of the women described in the foregoing pages stand out above the others. Perhaps I have not sufficiently shown that in the cases of W. H. and S. H. I felt a considerable degree of *passion*. W. H. was the first woman with whom I had had intercourse; this invested her in my heart, with a peculiar sentiment. In neither case can I be accused of fickleness. Indeed, I may say that up to this time I had had no opportunity of being fickle. I never saw enough, or had enough, of a woman to get a surfeit of her.

"The case I now come to presents the features of the cases of W. H. and S. H. in a stronger form. I was then 20; I have since then married; I am a father; my experiences have been many and varied; but still I must confess that no other woman has ever stirred my

emotions more than—I doubt if as much as—D. C. Up to date, if there has been any grand passion in my life, it is my love for her. D. C., when I got to know her—by talking to her in the street—was a girl of about 20. She was short and plump; dark hair; dark, mischievous eyes; a fair complexion; small features; quiet manners, and a sensual *ensemble*. I do not know what her father was. He was dead, her mother kept a university lodging house. She spoke and behaved like a lady. She dressed quietly; was absolutely unmercenary; her intelligence—*i.e.*, her intellectual calibre—was not great. Her master-passion was one thing. The first evening I walked out with her she put her hand down on my penis, before I had even kissed her, and proposed intercourse. I was surprised, almost embarrassed; she herself led me to a wall, and standing up made me do it.

“Next day we went away for the day together. I may say she was *always* ready and never satisfied. She was sensual rather than sentimental. She was ready to shower her favors anywhere and to anyone. My feelings toward her soon became affectionate and sentimental, and then passionate. I thought of nothing else all day long; wrote her long letters daily; simply lived to see her.

“I found she was engaged to be married. Her *fiancé*, a school-master, himself used to have intercourse with her, but he had taken a religious turn and thought it was wicked to do it until they married. I had intercourse with her on every possible occasion: in private rooms at hotels, in railway carriages, in a field, against a wall, and—when the holidays came—she stayed a night with me in London. She had apparently no fear of getting in the family way, and never used any precaution. Sensual as she was, she did not show her feelings by outward demonstration.

“On one occasion she proposed *fellatio*. She said she had done it to her *fiancé* and liked it. This is the only case I have known of a woman wishing to do it for the love of it.

“The emotional tension on my nerves—the continual jealousy I was in, the knowledge that before long she would marry and we must part—eventually caused me to get ill. She never told me she loved me more than any other man; yet, owing to my importunity, she saw much more of me than anyone else. It came to the ears of her *fiancé* that she was in my company a great deal; there was a meeting of the three of us—convened at his wish—at which she had formally, before him, to say ‘good-bye’ to me. Yet we still continued to meet and to have intercourse.

Then the date of her marriage drew near. She wrote me saying that she could not see me any more. I forced myself, however, on her, and our relations still continued. Her elder sister interviewed me and

said she would inform the authorities unless I gave her up; a brother, too, came to see me and made a row.

"I had what I seriously intended to be a last meeting with her. But after that she came up to London to see me, we went to a hotel together. We arranged to see one another again, but she did not write. I had now left the university. I heard she was married.

"It was now four years since I had first had intercourse with a woman. During this time I was almost continually under the influence, either of a definite love affair or of a general lasciviousness and desire for intercourse with women. My character and life were naturally affected by this. My studies were interfered with; I had become extravagant and had run into debt. It is worthy of note that I had never up to this time considered the desirability of marriage. This was perhaps chiefly because I had no means to marry. But even in the midst of my affairs I always retained sufficient sense to criticise the moral and intellectual calibre of the women I loved, and I held strong views on the advisability of mental and moral sympathies and congenital tastes existing between people who married. In my amours I had hitherto found no intellectual equality or sympathies. My passion for D. C. was prompted by (1) the bond that sexual intercourse with a woman has nearly always produced in my feelings, (2) her physical beauty, (3) that she was sensual, (4) that she was a lady, (5) that she was young, (6) that she was not mercenary. It was kept alive by the obstacles in the way of my seeing her enough and by her engagement to another.

"The D. C. affair left me worn out emotionally. I reviewed my life of the last four years. It seemed to show much more heartache, anxiety, and suffering than pleasure. I concluded that this unsatisfactory result was inseparable from the pursuit of illegitimate amours. I saw that my work had been interfered with, and that I was in debt, owing to the same cause. Yet I felt that I could never do without a woman. In this quandary I found myself thinking that marriage was the only salvation for me. Then I should always have a woman by me. I was sufficiently sensible to know that unless there were congenial tastes and sympathies, a marriage could not turn out happily, especially as my chief interests in life (after woman) were literature, history, and philosophy. But I imagined that if I could find a girl who would satisfy the condition of being an intellectual companion to me, all my troubles would be over; my sexual desire would be satisfied, and I could devote myself to work.

"In this frame of mind I turned my thoughts more seriously in the direction of a girl whom I had known for some two years. Her age was nearly the same as mine. My family and hers were acquainted with one another. I had established a platonic friendship with her.

Undoubtedly the prime attraction was that she was young and pretty. But she was also a girl of considerable character. Without being as well educated as I was, she was above the average girl in general intelligence. She was fond of reading; books formed our chief subject of conversation and common interest. She was, in fact, a girl of more intelligence than I had yet encountered. On her side, as I afterward discovered, the interest in me was less purely platonic. Our relations toward one another were absolutely correct. Yet we were intimate, informal, and talked on subjects that would be considered forbidden topics between two young persons by most people. I felt she was a true friend. She, too, confided to me her troubles.

"We corresponded with one another frequently. Sometimes it occurred to me that it was rather strange she should be so keen to write to me, to hear from me, and to see me; but I had never thought of her, consciously, except as a friend; I never for a moment imagined she thought of me except as an interesting and intelligent friend. Nor did the idea of illicit love ever suggest itself to me. She was one of those women whose face and expression put aside any such thought. I was, indeed, inclined to regard her as a good influence on me, but as passionless. I confided to her the affair of D. C., which took place during our acquaintance. She was distressed, but sympathetic and not prudish. I did not suspect the cause of her distress; I thought it was owing to her disappointment in the ideals she had formed of me. She invited me to join her and her family for a part of the summer (I had now left the university, having obtained my degree in low honors) and I decided to join them. At this stage there began to impress itself on my mind the possibility that she cared for me; also the desirability, if that were so, of becoming engaged to her. I found my feelings became warmer. On several occasions we found ourselves alone. Then, one day, our talk became more personal, more tender; and I kissed her. I do recollect distinctly the thought flashing through my mind, as she allowed me to kiss her, that she was not after all the passionless and 'straight' girl I had thought. But the idea must have been a very temporary one; it did not return; she declared her love for me; and without any express 'proposal' on my part we walked home that afternoon mutually taking it for granted that we were engaged. I was happy, and calmly happy; proud and elated.

"Circumstances now made it necessary for me to make money for myself and I was forced to enter a profession for which I had never felt any attraction; indeed, I had never considered the possibility of it, until I became engaged, and saw I must support myself if I were ever to marry. I worked hard, and rapidly improved my position.

"I think I am correct in stating that from the day I became engaged my sexual troubles seemed to have ceased. My thoughts and

passions were centred on one woman. We wrote to one another twice every week, and as far as I was concerned every thought and feeling I had I told her, and the receipt of her letters was for me the event of my life for nearly three years. My anxiety in connection with my work used up a great deal of my energy, and, although I looked forward to the time when I should have a woman at my side every night, my sexual desires were in abeyance. Nor did I feel any desire or temptation for other women.

"I masturbated, but not frequently. Generally I did it to the accompaniment of images or scenes associated with my betrothed, sometimes the act was purely auto-erotic. My leisure time was devoted to reading.

"On only one occasion did I have intercourse with a woman during my engagement (three years); it was with a girl whose acquaintance I had made at the university and who asked me to come to see her.

"I married at the age of 24. Looking back on the early days of my married life it is now a matter of surprise to me that I was so far from exhibiting the transports of passion which since then have accompanied any intercourse with a new woman. Partly I was frightened of shocking her; partly my three years of comparative abstinence had chastened me. It was some weeks before I ever saw my wife entirely naked; I never touched her parts with my hand for many months; and after the first few weeks I did not have intercourse with her frequently.

"Perhaps this was to be expected. The basis of my affection for her had always been a moral or mental one rather than physical, although she was a handsome, well-made girl. Besides, money and other worries kept my thoughts busy, as well as struggles to make both ends meet.

"Indeed, I may say my sexual nature seemed to be dying out. When I had been married less than six months I discovered that sexual intercourse with my wife no longer meant what sexual intercourse used to mean—no excitement or exaltation or ecstasy. My wife perhaps contributed to this by her attitude. She confessed afterward to me that for the first week or so she positively dreaded bedtime, so physically painful was intercourse to her; that it was many weeks, if not months, before she experienced the orgasm. For the first year and more of marriage she could not endure touching my penis. This at first disappointed me; then annoyed and finally almost disgusted me.

"Later on, she learned to experience the orgasm. But she was very undemonstrative during the act, and it was seldom that the orgasm occurred simultaneously; she took a much longer time.

"I ceased to think about sexual matters. When I had been mar

ried about three years I was aware that, in my case, marriage meant the loss of all mad ecstasy in the act. I knew that if I had no work to do, and plenty of money, and temptation came my way, I should like to have another woman. But there was no particular woman to enchain my fancy and I did not have time or money or inclination to hunt for one.

"At times I masturbated. Sometimes I did this to the accompaniment of homosexual desires or memories of the past. Then I got my wife to masturbate me.

"About four years after marriage I got a woman from Piccadilly Circus to do *fellatio*. I had never had this done before. She did not do it genuinely, but used her fingers.

"As stated above various anxieties, the fact that I could always satisfy my physical desires, all served to calm me. I was also interested in my work and had become ambitious to improve my position and was very energetic.

"On the whole, notwithstanding money worries, the first four or five years of my married life were the happiest in my life. Certainly I was very free from sexual desires; and the general effect of marriage was to make me economical, energetic, ambitious, and unselfish. I was certainly overworked. I seldom got to bed before 1 or 2; my meals were irregular; and I became worried and nervous. At the beginning of my fifth year of married life I got run down, and had a severe illness, and at one time my life was in danger, but I had a fairly rapid convalescence.

"My illness was critical, in more senses than one. My convalescence was accompanied by a remarkable recrudescence of my sexual feelings. I will trace this in detail: 1. As I got well—but while still in bed—I found myself experiencing, almost continually, violent erections. These were at first of an auto-erotic character, and I masturbated myself, thus gaining relief to my nerves. 2. I also found my thoughts tending toward sexual images, and I felt a desire toward my nurse. I first became conscious of this when I noticed that I experienced an erection during the time that she was washing me. I mentioned the matter to my doctor, who told me not to worry, and said the symptoms were usual in the circumstances. 3. When I got up and about I found myself desiring very keenly to have intercourse with my wife. I can almost say that I felt more sexually excited than I had done for four or five years. As soon, however, as I had had intercourse with my wife a few times I felt my desire toward her cease. 4. My thoughts now centered on having a woman to do *fellatio*, and as soon as I was well enough to go out I got a prostitute to do this.

"Just before I was ill my wife had a child, which was born with more than one abnormality. No doubt the shock and worry caused by this got me into a low state and predisposed me to my illness. But the consequences were farther reaching still. The child underwent an operation, and my wife had to take her away into the country for nearly six weeks, so as to give her better air. I was left alone in London, for the first time since my marriage. The worry in connection with the child, and the heavy expense, served to keep me nervously upset after I had apparently recovered physically from the illness. Once more I found myself thinking about women. As an additional factor in the situation I became friendly with an old college-chum whom I had not seen much of for many years. He lived the life of a fashionable young bachelor and was at the time keeping a woman. The only common interest between us was women. I found myself reverting to the old condition of rampant lust that had been such a curse to me in my university days. Some books he lent me had a decided effect. They gave me erections; and it was on top of the excitement thus engendered that one day I got a woman to do *fellatio*, as already mentioned. Moreover, since my illness, I found all my previous energy and ambition had gone.

"I have stated that I was in London alone with two servants. The housemaid was a young girl; nice looking, with beautiful eyes and a sensual expression. She had been with us for about a year. I cannot remember when I first thought of her in a sexual way. But one evening I suddenly felt a desire for her. I talked to her; I found my voice trembling; I let my hand, as if by accident, touch hers; she did not withdraw it; and in a second I had kissed her. She did not resist. I took her on my knee, and tried to take liberties, which she resisted, and I desisted.

"Next day I kissed her again, and put my hand inside her breasts. The same evening I took her to an exhibition. On the way home, in a hansom cab, I made her masturbate me. This was followed by a feeling of great relief, elation, and *pride*.

"Next morning, when she came up to my bedroom to call me, I kissed and embraced her; she allowed me to take liberties, and, reassuring her by saying I would use a preventive, I had intercourse with her. She flinched somewhat. She then told me she was at her period and that she had never had intercourse with a man before.

"During the next few weeks I found her an adept pupil, though always shy and undemonstrative. I took her to a hotel, and experienced the intensest pleasure I had ever had in undressing her. I had lately heard about *cunnilingus*. I now did it to her. I soon found I experienced very great pleasure in this, as did she. (I had attempted it with my wife, but found it disgusted me.) I also had intercourse

per anum. (This again was an act I had heard about, but had never been able to regard as pleasurable. But books I had been reading stated it was most pleasant both to man and woman.) She resisted at first, finding it hurt her much; it excited me greatly; and when I had done it in this way several times she herself seemed to like it, especially if I kept my hand on her clitoris at the same time.

"My relations with the housemaid, with whom I cannot pretend that I was in love, were only put an end to by satiety, and when I went away for my holidays I was utterly exhausted. This was, however, only the first of a series of relationships, at least one of which deeply stirred my emotional nature. These experiences, however, it is unnecessary to detail. There have also been occasional homosexual episodes.

"I think I am now in a much healthier condition than I have been for some years. (I assume that it is *not* healthy for all one's thoughts to be always occupied on sexual subjects.) The conclusion I come to is that I can live a normal, healthy life, devoting my thoughts to my work, and finding pleasure in friendship, in my children, in reading, and in other sources of amusement, as long as I can have occasional relations with a young girl—*i.e.*, about once a week. But if this outlet for my sexual emotions is stopped sexual thoughts obsess my brain; I become both useless and miserable.

"I have never regretted my marriage. Not only do I feel that life without a wife and home and children would be miserable, but I entertain feelings of great affection toward my wife. We are well suited to one another; she is a woman of character and intelligence; she looks after my home well, is a sensible and devoted mother, and understands me. I have never met a woman I would have sooner married. We have many tastes and likings in common, and—what is not possible with most women—I can, as a rule, speak to her about my feelings and find a listener who understands.

"On the other hand, all passion and sentiment have died out. It seems to me that this is inevitable. Perhaps it is a good thing this should be so. If men and women remained in the state of erotic excitement they are in when they marry, the business and work of the world would go hang. Unfortunately, in my case this very erotic excitement is the chief thing in life that appeals to me!

"The factors that in my case have produced this death of passion and sentiment are as follows:—

"1. Familiarity. When one is continually in the company of a person all novelty dies out. In the case of husband and wife, the husband sees his wife every day; at all times and seasons; dressed, undressed; ill; good tempered, bad tempered. He sees her wash and perform other functions; he sees her naked whenever he likes; he can

have intercourse with her whenever he feels inclined. How can love (as I use the expression—*i.e.*, sexual passion) continue?

"2. Satiety. I am of a 'hot,' sensual disposition, inclined to excess, as far as my health and nerves are concerned. The appetite gets jaded.

"3. Absence of strong sexual reciprocity on the part of my wife. I have referred to this above. She likes intercourse, but she is never outwardly demonstrative. She has naturally a chaste mind. She never is guilty of those little indecencies which affect some men a great deal. She does not like talking of these things; and she tells me that if I died, she would never want to have intercourse again with anyone. At times, especially recently, she has even asked me to have intercourse with her, or to masturbate her; but it is seldom that the orgasm occurs contemporaneously. In this respect she is different from other women I knew, in whom the mere fact that the orgasm was occurring in me at once produced it in them. At the same time I doubt whether even strong sexual reciprocity would have retained my passion for long.

"4. During the early years of our married life money worries caused at times disagreements, reproaches and quarrels. Passion and sentiment are fragile and cannot stand these things.

"5. The fact that I had already had other women diminished the feeling of awe with which many regard the sexual act and the violation of sexual conventions.

"6. Loss of beauty. Loss of figure is, I fear, inseparable from childbearing especially if the woman works hard. We have always had servants, still my wife has always worked hard, at sewing, etc.

"I have stated that I entertain feelings of respect and admiration for my wife. But I almost *loathe* the idea of intercourse with her. I would sooner masturbate, and think of another woman than have intercourse with her. It causes nausea in me to touch her private parts. Yet with other women it affords me mad pleasure to kiss them, every part of their bodies. But my wife still feels for me the love she had when we first married. There lies the tragedy."

The following narrative is a continuation of History XII in the previous volume:—

HISTORY III.—I had become good looking. For a time I knew what it was to have loving looks from every woman I met, and being saner and healthier I would seem to be moving in a divine atmosphere of color and fragrance, pearly teeth and bright eyes. Even the old women with daughters looked at me amiably—married women with challenge and maidens with Paradise in their eyes.

"I was standing one morning at St. Peter's corner, with two young friends, when a girl went by, coming over from the Roman Catholic cathedral. When she had passed she looked back, with that imperious swing that is almost a command, at me, as my friends distinctly admitted. They advised me to follow her; I did so, and she turned a pretty, blushing face and pair of dark gray eyes, with just the kind of eyebrows I liked: brown, very level, rather thick, but long. Her teeth and mouth were perfect, and she spoke with a slight Irish brogue. She let me do all the talking while she took my measure. God knows what she saw in me! I spoke in an affected manner, I remember, imitating some swell character I had seen on the stage a night or two before, but I was wise enough not to talk too much and to behave myself. She promised to meet me again and made the appointment. She was a school-teacher and engaged to be married to some one else. She meant to amuse herself her own way before she married. The second night I met her she allowed me to kiss her as much as I liked and promised all her favors for the third night. We took a long walk, and in the dark she gave herself to me, but I hurt her so much I had to stop two or three times. She had had connection only once, years before, when at school herself. She was inclined to be sensual, but she was young, fresh, and pretty, and her kisses turned my head. I fell genuinely in love with her and told her so, one night when she was particularly fascinating, with the tears in my eyes; and her face met mine with equal love. The first night or two I had felt no pleasure—whether through years of self-abuse or not I do not know,—but this night my whole being was excited. I met her once and sometimes twice a week and was always thinking of her. My sister saw me looking love-sick one day and I heard her say 'He's in love,' which rather flattered me, and I looked more love-sick and idiotic than ever. It was all wrong and perverted. She continued to meet her *fiancé*, and intended to marry him. We both spoke of 'him' as an adulteress speaks of her husband. That high level of tears and childlike joy in our youth and love was never reached again. But I realized her *sew*, her kisses, her presence—after all those years of horror (if she had only known)—more even than the sexual act itself; while she, as time went on, commenced to show a curiosity which I thought desecrating; she liked to examine—to 'let her hand stray,' were her words. Even her beauty seemed impaired some nights and I caught a gleam in her eye and a curve of her lip I thought vulgar. But perhaps the next night I met her she would be as bright as ever.

"I introduced her to my friends, who knew our relations, for I blabbed everything. But she did not mind their knowing and if we met would give them all a kiss, so that I felt I had been rather too profuse in my hospitality, though I still would say: 'Have another

one, Bert; I don't mind.' But whatever ass I made of myself she forgave me anything, and was fonder of me every time we met, while I, although I did not know it for a long time, was less fond of her. She knew how to revive my love, however. Some nights she would not meet me, and I would be like a madman. Other nights she would meet me, but not let me raise her dress. She would lie on me, on a moonlit night, and her young face in shadow like a siren's in its frame of hair, merely to kiss me. But what kisses! Slow, cold kisses changing to clinging, passionate ones. She would leave my mouth to look around, as if frightened, and come back, open-mouthed, with a side-contact of lips that brought out unexpected felicities.

"One night her *fiancé* saw us together, and followed me after I left her, but on turning a corner I ran. I ridiculed him to her and despised him. I should have found it difficult to say why. Another night her brother attacked me, and it would have gone hard with me, but Annie pulled me in and banged the door. We were in a friend's house, but her father came around soon and laid a stick about her shoulders, in my presence. I tried to talk big, and said something idiotic about being as good a man as her betrothed, as though my intentions were honorable, which for one brief moment made Anne look at me, paler faced and changed, such a strange glance. But he beat her home, enjoying my rage, and she went away, crying in her hands. I was allowed to go unmolested.

"I soon received a letter from her asking me not to mind and making an appointment, at which she turned up cheerful and unconcerned. She went to confession, and would meet me afterwards; and her faith in that, and the difference of our religions (if I had any religion) would make her seem strange and alien to me at times, even banal. At last our meetings became a mere habit of sensuality, with all charm, and suggestion of better things eliminated. . . .

"I went with my friend George (who shared my room) one afternoon and called at Annie's school; she kept an infants' school of her own. She came to the door herself. It was the first time I had seen her in daylight, and I thought her cheek-bones bigger; she certainly was not so pretty as on the first evening I met her. George had told me he would sleep away if I wanted the room, and when next I met her she promised to come and sleep with me. Before I had always met her on the grass, under trees. She came, and the sight of her young limbs and breasts revived something of my love for her, my better love. But she was insatiable and more sensual every day. One day she came when I was not well, and would not go away disappointed. I had met a very pretty girl about this time, and now resolved to give Annie up, which I did in the cruelest manner, cutting her dead, and refusing

to answer her letters and touching messages. I heard that she would cry for hours, but I was harder than adamant. . . .

"I thought myself very much in love with the very pretty girl for whom I had thrown up Annie. She lived with her mother and two sisters, one older than herself, the other a mere child. The eldest sister, a handsome, dark girl like a Spaniard, was not virtuous. She was good natured; too much so, and took her pleasure with several of us, dying, not long after, of consumption. I thought her sister, my girl, was virtuous, and I meant to marry her—some day. At any rate, I saw her mother, who lived in a well-furnished house and was a superior woman. This did not prevent my trying to seduce her daughter. I did not succeed for a long time, though she did not cease meeting me. The sisters came to see us. I knew, one night, her sister was upstairs with D. and I guessed what they were at, so I suggested to her she should creep up on them for fun. She did so, came back, excited and pale—and gave herself to me. But she was not a virgin and in time I had a glimpse of her unhappy fate and her mother's position. Her father was dead or divorced, and her mother, I believe, was mistress to some wealthy bookmaker. I am not sure, there was always a mystery hanging over the mother, nor am I certain that she connived at her daughter's seduction, but the girl's account was that after some successful Cup day there had been too much champagne drunk all around, and that a man she looked on as a friend came into her bedroom that night when she was *tête montée* and seduced or violated her—whichever word you like to choose. Since then his visits had been frequent until she met me, she said, and if I would be true to her she would be a true wife to me, and I believed her and still believe she meant what she said. But I left Melbourne shortly after this, our letters got few and far between, and ultimately I heard she was married to a young man who had always been in love with her. . . .

"Among the inmates of the boarding house was a 'married' couple who stayed for some time; he was an insignificant, ugly, little, cross-eyed commercial traveler; she was a pretty, little creature who looked as innocent and was as merry as a child; we all vied in paying her attentions and waiting on her like slaves, the husband always smiling a cryptic smile. After they had left it was hinted they were not married at all; the oldest hands had been taken in. . . . One afternoon I met Dolly, the commercial traveler's wife, and she stopped and spoke to me. I remembered what I had heard and ventured on some pleasantry at which she laughed, and on my proposing that we should go for a walk she consented. She had left the commercial traveler, it came out in conversation, and we went on talking and walking, one idea only in my mind now; could I detain her till dark? Dolly, who was very pretty indeed, amused herself with me for hours, playing

hot and cold, snubbing me one minute, encouraging me with her eyes another. Hour after hour went and she found this game so entertaining that she accompanied me to the park behind the Botanical Gardens, and it was not until it was too late for me to catch a train home that she gave herself to me. In fact, we stayed out the whole of that warm summer night. As the hours went by she told me of her home in London and how she first went wrong. She had been a good girl till one day on an excursion she drank some rum or gin, which seemingly revived some dormant taint of heritage; when she went home that night she fell flat at her mother's feet. Her parents, well-to-do shopkeepers, who had forgiven her several times before, turned her out. She became one man's mistress and then another's. She began early, and was scarcely 19 now. She would leave off the drink for a time and try to be respectable. She loved her father and mother, but she could not help drinking at times. She spoke cheerfully and laughingly about it all; she was young, strong, good natured, and careless. We went to sleep for a little while and then wandered in the early morning down toward the cemetery, when she tried to tidy her hair, asking me how I had enjoyed myself and not waiting for an answer. She was thirsty, she said, and when the public houses opened we went and had a drink. It was the first time I had seen her drink alcohol,—at the boarding house she had always been the picture of health and sweetness,—and I saw a change come over her at once, so that I understood all that she had told me. The sleepless night may have made it worse, but the look that came into her eyes, and the looseness of the fibres not only of her tell-tale wet mouth, but of every muscle of her face was startling and piteous to see. She saw my look and laughed, but her laugh was equally piteous to hear, and when she spoke again her voice had changed too, and was equally piteous. She asked for another. 'No, don't,' I begged, for the pretty girl I had flattered myself I had passed a summer's night with that most young men would envy, showed signs of changing, like some siren, into a flabby, bleary-eyed boozier. That hurt my vanity.

"I met her another night and she took me to her lodgings, and I slept with her all night. I no longer tried to stop her drinking, but drank with her. I ceased to treat her with courtesy and gallantry; she noticed it, but only drank the more, drank till she became dirty in her ways, till her good looks vanished. I left her, too drunk to stand, as some friend, a woman, called on her.

"She came to see me once more, like her old self, so well dressed and well behaved, and chatted so cheerfully to my landlady that the latter afterward congratulated me on having such a friend. Dolly carried a parcel of underclothing she had made, with a few toys, for the children of a poor man in the suburbs, and I accompanied her to

the house. There was great excitement among the ragged children; in fact, the atmosphere became so dangerously full of love and charity that I commenced to feel uncomfortable,—the shower of roses again,—and was glad to find myself in the open air. We went for a walk and had several drinks, which made the usual change in Dolly. I got tired of her, determined I would leave her, spoke cruelly, and finally—after having connection with her on the dry seaweed—rose and left her brutally, walked away faster and faster, deaf to her remonstrances, and careless whether or how she reached the station. . . .

"I had gone to lodge with a family whom I had been accustomed to visit as a friend; there were two daughters; the elder, engaged to a young German who was away with a survey party, had a rather plain face, but a strong one and was herself a strong character, and I came to like her in spite of myself; the second girl had light golden hair, a fresh complexion, a short nose, and rather large mouth, which contained beautiful teeth; they were both good, obedient, innocent church-going daughters. As there was plenty of amusement there of an evening, singing and dancing, I did not go out, got into better ways, and gradually gave up drinking to excess. I was so improved in appearance that an old acquaintance did not recognize me. My anecdotes and fun amused Mrs. S., the mother of the girls. She could be very violent on occasions, I found, and I learned that there had been terrible scenes at times, and that from time to time it had been necessary to place her in an asylum. I went for drives with the girls and to theatres, and ought to have been happy and glad to find myself in such good quarters. The mother trusted me so entirely that she left me for hours with the girls, the younger one of whom I would kiss sometimes. She was engaged to a young fellow whom I spoke to patronizingly, but whose shoes I was not worthy to fasten. I was the cause of quarrels between them. They made it up again but I think he noticed the change that was taking place in Alice. For from kissing her I had gone on—all larking at first. We formed the habit of sitting down on the sofa when alone and kissing steadily for ten minutes or more at a time. She was excited without knowing what was the matter with her—but I knew. And one day when our mouths were together I drew her to me and commenced to stroke her legs gently down. She trembled like a string bow, and allowed my hand to go farther. And then she was frightened and ashamed and commenced to laugh and cry together. She had these hysterical attacks several times and they always frightened me. It ended in my seducing her. She broke off her engagement, and then was sorry; but soon she thought only of me. . . . One day Alice and I were nearly caught. I had just left her on the sofa and had commenced drawing at a table with my back to her when suddenly her mother came in without her

shoes, while Alice had one hand up her clothes arranging her under-clothing. The mother stopped dead and shot me one glance I shall never forget. 'Why, Alice, you frighten me!' she said. I feigned surprise and asked 'What is the matter?' Alice, although she was frightened out of her wits, managed to stammer: 'He couldn't see me—you couldn't see me, could you?' appealing to me. But I had managed to collect my senses a bit and although still under that maternal eye I asked,—at last turning slowly around to Alice: 'See? What do you mean? See what?' And I looked so mystified that the mother was deceived, and contented herself with scolding Alice and telling her to run no risks of that sort. I breathed again.

"But I was near the end of my tether. Alice and I talked about everything now. She told me about her life at boarding school and the strange ideas some of the girls had about men and marriage. After leaving school she had been sent to a large millinery or drapery establishment to learn sewing and dressmaking. Here, she said, the talk was awful at times, and one girl had a book with pictures of men's organs of generation, which was passed around and excited their curiosity to the highest pitch.

"I had days of tenderness and contrition, and even told her I would get on and marry her. Then the tears would come into her eyes and she would say: 'I seem to feel as if you were my husband now.' . . .

"I had to see a man on business and went to his cottage. The door was opened by his wife, a handsome, dark-eyed young woman, who looked as if butter would not melt in her mouth. After leaving a message I went on talking to her on other subjects. She piqued my vanity in some way, and made me feel curious and restless. I found myself thinking of her after I left and looking back I saw she was still looking at me.

"To make a long story short, she encouraged me. It ended by my leaving the S. family and going to board with them. T. D., the husband, was glad of my company and my money. They had a little boy—whose father T. was not. I soon understood her inviting looks at me. For she was a general lover, and an old man, in a good government billet, visited her often when T. D. was away: I will call him Silenus. There was also a dark, handsome man who built organs. The latter came one day and sent for some beer. I was working in my room, and it so happened that before he knocked she had been going further than usual in her talk with me; in fact, as good as giving me the word. When her friend was admitted he had to pass my open door and he gave me a look with his black eyes and I gave him a look which told each what the other's game was. It is wonderful what a lot can be learned from a single glance of the eyes. When I saw the little boy bringing in the beer I felt that he had bested me. But she

brought me in a glass first, and putting her down on the sofa I scored first. It was done so suddenly, so brutally, that, accustomed as she must have been to such scenes she turned red and bit her under lip. But she sent the other man away in a few minutes. After that she was insatiable; it was every day and sometimes twice in one day. I commenced to be gloomy and miserable again. And there was not even a pretense of love. There was no deception about her; she even introduced me to Silenus and we made excursions together, for which he paid, as he had plenty of money. We were always drinking, until at last I could eat nothing unless I had two or three whiskies. I became very thin, my horizon seemed black and all things at an end. (But T. D. enjoyed his meals and was really fond of his wife and her boy and his work; life was pleasant to him.) She would go up to town with me and to a certain hotel; after drinking she would leave me waiting while she retired with the handsome young landlord for a short time. She told me when she came back that he was a great favorite with married women.

"She told me that Silenus visited a woman who practiced *fellatio* on him. Mrs. D. thought such practices abominable and could not imagine how a woman could like doing such a thing.

"When she was out walking with me one day T. D.'s name came up and she said in a slightly altered voice: 'He told me he loved me!' It was a word seldom used by her except in jest. I threw a startled look at her and caught an inquisitive and apologetic look in return, such a strange and touching glance that I saw I had not yet understood her,—there was an enigma somewhere. When, bit by bit, she told me her life, I understood, or thought I understood, that strange childlike glance in this young woman steeped to her eyes in sin. No one had ever made love to her or spoken to her of love in her life.

"It had commenced at school. She must have been a particularly fine and handsome girl, judging from her photographs. She had seen boys playing with girls' privates under the form and felt jealous that they did not play with her's. She had no mother to look after her and she soon found plenty of boys to play with her, and young men, too, as she grew older. She took it as she took her meals. She had been really fond of her child's father, but as he had shown no tenderness for her, nothing but a craving for sensual gratification, she would rather have died than let him know. She soon tired of her attachments, she told me. She did not like T. D. He was not the complacent husband; he was spirited enough, but he believed everything she told him. One day he came home unexpectedly when we were together on the bare palliass in her room. It was a critical moment when his knocks were heard, and in the hurry and excitement some moisture was left on the bed. The knocks became louder, but she was calmer

than I, and bade me run down to the closet. I could hear her cheerful and chaffing voice greeting him. When I walked in back to my own room she called out: 'Here's T. home!' I learned afterward that he had been surly and suspicious, and had seen the moisture on the bed, and asked about it, whereupon she had turned the tables upon him completely; he ought to be ashamed of himself; she knew what he meant by his insinuations; if he must know how that moisture come on the bed, why she put the soap there in a hurry to catch a flea. He believed her and brought her a present next day in atonement for his suspicions.

"During her monthly periods, when I could not touch her, she would come in and play with me until emissions occurred, and my feelings had become so perverted that I even preferred this to coitus. The orgasm would occur twice in her to once in me, and though her eyes were rather hard and her mouth too, she always looked well and cheerful, while I was gloomy and depressed. In her side, however, was a hard lump, which pained her at times, and which, doubtless, was waiting its time. . . .

"One day I felt so low in health that I proposed to T. D. that we should take a boat and sail out in the bay for a day or two. The sea, the change, the open air revived me, and I even made sketches of the black sailor as he steered the boat. One day when I was left alone in charge of the boat, as I felt the time hanging on my hands, for the sea, the blue sky, the lovely day gave me no real pleasure, I remember abusing myself, the old habit reasserting itself as soon as I was alone and idle. When T. D. came back he brought Mrs. D. with him, laughing and jolly as usual. She was surprised when lying next to me under the deck on our return I did not respond to her advances. It would have pleased her, with her husband only a few feet away. After that I spent a night with her, but she was getting tired of me. I did not care for her, but it hurt my vanity and I made a few attempts to be impertinent. She looked at me coldly and threatened to complain to T. . . .

"I want to relate an impression I received one night about this time when with several friends we called at a brothel. I forget my companion, but I remember two faces. It was winter, and great depression prevailed in Adelaide. We had been talking to the mistress as we drank some beer and were pretending to be jolly fellows, although we were wet, cold, and had not enjoyed ourselves (at least, I had not), and she was speaking harshly and jeeringly about two girls she had now who had not earned a penny for the past week. Just then we heard footsteps and she said in a lower tone: 'Here they are.' They came in, unattended, having ascertained which the brothel-keeper snorted and turned her back to them. The faces of the girls, who

were quite young, looked so miserable that even I pitied them. The look on the face of one of those girls as she stood by the hearth drawing off her gloves lives in my memory. Too deep for tears was its sorrow, shame, and hopelessness. . . .

"I had given up drink and was living in the bush. To anyone with normal nerves it would have been a happy time of quiet, rustic peace, beauty, and relief from city life. With me it was restless vanity amounting to madness. In every relation, action, or possible event in which I figured or might figure in the future, I always instantaneously called up an imaginary audience. And then this imaginary audience admired everything I did or might do, and put the most heroic, gallant, and romantic construction on my acts, appearance, lineage, and breeding. Suppose I saw a pretty girl on a bush road. Instead of thinking 'There is a pretty girl; I should like to know her or kiss her,' as I suppose a healthy, normal young man would think, I thought after this fashion: 'There is a pretty girl; now, as I pass her she will think I am a handsome and aristocratic-looking stranger, and, as I carry a sketch-book, an artist—"A landscape painter! How romantic!" she will say, and then she will fall in love with me,' etc. This preoccupation with what other people might think or would think so engrossed all my time that I had no means of enjoying the presence, thought, or favor of the divine creatures I met, and I must have appeared 'cracked' to them with my reticence, pride, and silly airs.

"I met girls as foolish as myself sometimes. Once at a *table d'hôte* I met a young girl who went for a walk with me and let me know her carnally although she was little more than a schoolgirl. She was going down to town soon, she said, and would meet me at a certain hotel (belonging to relations of hers) in Adelaide on a certain date, some time ahead; if I took a room there she would come into it during the night. In the meanwhile I had given way to drink again and abused myself at intervals. I came down to town, drunk, in the coach, and kept my appointment with the young girl at the hotel, expecting a night of pleasure; but she merely stared at me coldly as if she had never seen me before. I abused myself twice in my solitary room. . . .

"I met a middle-aged schoolteacher (who had once been an officer in the army) down for his holidays. As he spoke well, and was a 'gentleman,' I cultivated him. One night he asked me to meet a girl he had an appointment with and tell her he was not well enough to meet her. He foolishly told me the purpose of their intended meeting. I went to the trysting-place, at the back of the hotel, and met the girl. On delivering my message she smiled, made some joke about her friend, and looked at me as much as to say: 'You will do as well.' I had been drinking, and in the most brutal manner I took her into a closet. By some strange chance or state of nerves she gave me

exquisite pleasure, but the orgasm came with me before it did with her, and in spite of her disappointment and protests I stood up and pulled her out of the place for fear some one should find us there. Still protesting she followed me, but her foot slipped on the paved court, and she fell down on her face. When she rose I saw that her front teeth were broken. I looked at her without pity, with impatience, and abruptly leaving her I went into the hotel to 'the colonel.' I commenced to tell him lies, when he asked me with a weak laugh what had been keeping me. I smiled with low cunning and drunken vanity, evading the question. Then he accused me directly. I only laughed; but, drunk as I was, I remember the look of the ageing bachelor as he saw he had been betrayed by a younger man. He had known her for years. . . .

"I was now living in the home of a woman who was separated from her husband and kept lodgers. She had a daughter, with whom I walked out, a pretty girl who drank like a fish, as her mother also did. There were other lodgers coming and going. I would lie down all day and keep myself saturated with beer. I commenced to get fat and bloated, with the ways of a brothel bully. A broken-down, drunken old woman who visited the house and had been a beautiful lady in her youth told me I should end my days on the gallows trap. The same woman when drunk would lift up her dress, sardonically, exposing herself. Other old women would congregate in the neglected and dirty bedrooms and tell fortunes with the cards. One little woman, an onanist, was like a character out of Dickens, exaggerated, affected, unnatural, with remains of gentility and society manners. Amidst all this drunkenness and abandonment May, the landlady's daughter, preserved her virginity. Young lodgers would take liberties with her, but at a certain stage would receive a stinger on the face. The girl liked me and would kiss me, but nothing else. And then—out of this home of drunkenness and shame—May fell in love with some pretty boy she met by chance, whom she never asked to her home. She began to neglect me, even to neglect drink, and to dream, preoccupied. I felt a restless jealousy, but she would look at me, without resentment, without recognition, without seeing me, look me straight in the eyes as I was talking to her, and dream and dream. This same pretty boy seduced her, I believe. When next I met her she was 'on the town,' her one dream of spring over. . . .

"About this time I had one of those salutary turns that have marked epochs in my life, and as a result I left that house and resolutely abstained from drink. . . . I was now in a small up-country town. I commenced to play croquet and to ride out. Sometimes I was invited to dinner by a young man at the bank, whose house was kept by his sister. She had a small figure, a pretty but rather narrow

face, and well-bred manners; but there was a look in her asymmetrical eyes, in the shape of her thin hands, even in the stoop of her shoulders, that seemed passionate. One day—when her brother, a fine, sweet-blooded manly young athlete, was absent—I commenced to pull her about. She gave me one passionate kiss, but said: ‘No! Do you know what keeps me straight? It is the thought of my brother.’ I refrained from molesting her further. I met other girls, some pretty and arrogant, others plain and hungry-eyed; it was a country town where there were four or five females to every male. But I could not speak frankly and candidly to a young woman as the young banker did. . . .

“I remember that one night, when I was living at the Port, I slept all night with a prostitute who had taken a fancy to me and who used to cry on my shoulder, much to my impatience and annoyance. In the same bed with us, lying beside me, was a girl aged about 12. On my expressing surprise I was told she was used to it and noticed nothing. But in the morning I turned my head and looked at her, and even in the dim light of that dirty bedroom I could see that her eyes had noticed and understood. She pressed herself against me and smiled; it was not the smile of an infant. I could record many instances I have observed of the precocity of children.

“At one time I made the acquaintance of three young men, two in the customs, the other in a surveyor’s office. At the first glance you would have said they were ordinary nice young clerks, but on becoming better acquainted you would notice certain peculiarities, a looseness of mouth, a restless, nervous iniquitude of manner, an indescribable gleam of the eye. They were very fond of performing and singing at amateur minstrel shows and developed a certain comic vein they thought original, though it reminded me of professional corner-men. However, I enjoyed their singing and drinking habits and went to their lodgings several nights to play cards, drink beer, and tell funny stories. One night they asked me to stay all night and on going to a room with two beds I was told to have one. Presently one of the young men came in and commenced to undress. But before going to his bed he made a remark which, though I had been drinking, opened my eyes. I told him to shut up and go to bed, speaking firmly and rather coldly, and he went reluctantly to his own bed. But another night when they had shifted their lodgings and were all sleeping in the same room I was drunk and went to bed with the same fair-haired young man. On waking up in the night I found my bedmate tampering with me. The old force came over me and I abused him, but refused to commit the crime he wanted me to. His penis was small and pointed. I rose early in the morning, sobered, suffering, and covered with shame, and went hastily away, refusing to stay for breakfast. I thought I

caught an amazed and evil smile on the faces of the other two. Meeting the three the same evening in the street, I passed them blushing, and my bedmate of the previous night blushed also. . . .

"I now took cheap lodgings in North Adelaide. Here I had slight recurrences of the strangeness and fear of going mad which I had experienced once before. I led such a solitary life and fell into such a queer state that I turned to religion and attended church regularly. It was approaching the time for those young men and women who wished to be confirmed to prepare themselves, and a struggle now ensued between my pride and my wish to gain rest and peace of mind in Jesus. I was self-conscious to an incredible degree, and dreaded exposure or making an exhibition of myself, but still went to church, hoping the grace of God would descend on me. I had no other resources. I had no pleasure in life, and was so shattered and in such misery of dread that I welcomed the only refuge that seemed open to me. At last, one Sunday, I had what I thought was a call; I shed a few tears, and although tingling all down my spine I went up in the cathedral and joined those who were going to be confirmed. I attended special meetings and shocked the good bishop very much by telling him I had never been baptized. I had to be baptized first and went one day to the cathedral and he baptized me. When the critical awful moment came the bishop, whose faith even then surprised me somehow, held my hand in his cold palm, and gave it a pressure, eyeing me, expectantly, inquisitively, to see any change for the better. But, it so happened, that morning I was in a horrible temper and black mood, hard and dry-eyed, and no change came. Still, I tried to believe there was a change.

"I was confirmed with others, had a prayer-book given me with prayers for nearly every hour in the day, and was always kneeling and praying. I procured a long, white surplice, and assisted at suburban services, even conducting small ones myself, reading the sermons out of books. But my mood of rage increased, and one Sunday I had to walk a long way in a new pair of boots. I shall never forget that hot Sunday afternoon. My feet commenced to ache and a murderous humor seized me. I swore and blasphemed one moment and prayed to God to forgive me the next. When I reached the chapel where I had to assist the chaplain I was exhausted with rage, pain, fear, and religious mania. I thought it probable I had offended the Holy Ghost. When, next Sunday, I went to try my hand at Sunday-school teaching I wore a pair of boots so old that the little boys laughed. I was always talking of my conversion and the spirit of our Saviour. I do not know what the clergymen I met thought of me. I thought I should like to be a minister myself, and questioned a Church of England parson as to the amount of study necessary. He received my

question rather coldly, I thought, which discouraged me. As my dread gradually diminished, though I still felt strange, I made excuses for not conducting services, although I continued to read my Bible and prayer-book, and really believed I had been 'born again.'

"Surely now, I thought, that I had Christ's aid, I shall be able to break off my habit of self-abuse that had been the curse of my youth. What was my horror and dismay to find that, when the mood came on me next, I went down the same as ever. And after all my suffering and dread and fear of fits! What could I do? Was I mad, or what? I was really frightened at my helplessness in the matter and decided on a course of conduct that ultimately brought me past this danger to better health and comparative happiness. I said to myself that there is always a certain amount of preliminary thought and dalliance before I do this deed; doubtless this it is that renders me incapable of resisting. I decided, therefore, never to let my thoughts *commence* to dwell on lustful things, but to think of something else on the *first* intimation of their appearance in my mind. I rigorously followed this rule; and it proved successful, and I recommend it to others in the same predicament as myself. After suffering weeks and months of dread and illness once more, falling away in flesh and turning yellow, I gradually mended a little. I had a better color and tone, and was something like other young men, barring a strange alternate exaltation and depression. Even this gradually became less noticeable, and my moods more even and reliable."

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PART FOUR

Sexual Inversion

PREFACE TO THE THIRD EDITION.

It has been remarked by Professor Wilhelm Ostwald that the problem of homosexuality is a problem left over to us by the Middle Ages, which for five hundred years dealt with invert as it dealt with heretics and witches. To regard the matter thus is to emphasize its social and humanitarian interest rather than its biological and psychological significance. It is no doubt this human interest of the question of inversion, rather than its scientific importance, great as the latter is, which is mainly responsible for the remarkable activity with which the study of homosexuality has been carried on during recent years.

The result has been that, during the fourteen years that have passed since the last edition of this *Study* was issued, so vast an amount of work has been carried on in this field that the preparation of a new edition of the book has been a long and serious task. Nearly every page has been rewritten or enlarged and the Index of Authors consulted has more than doubled in length. The original portions of the book have been still more changed; sixteen new Histories have been added, selected from others in my possession as being varied, typical, and full.

These extensive additions to the volume have rendered necessary various omissions. Many of the shorter and less instructive Histories contained in earlier editions have been omitted, as well as three Appendices which no longer seem of sufficient interest to retain. In order to avoid undue increase in the size of this volume, already much larger than in the previous editions, a new Study of Eonism, or sexoesthetic inversion, will be inserted in vol. v, where it will perhaps be at least as much in place as here.

HAVELOCK ELLIS.

PREFACE TO FIRST EDITION.

It was not my intention to publish a study of an abnormal manifestation of the sexual instinct before discussing its normal manifestations. It has happened, however, that this part of my work is ready first, and, since I thus gain a longer period to develop the central part of my subject, I do not regret the change of plan.

I had not at first proposed to devote a whole volume to sexual inversion. It may even be that I was inclined to slur it over as an unpleasant subject, and one that it was not wise to enlarge on. But I found in time that several persons for whom I felt respect and admiration were the congenital subjects of this abnormality. At the same time I realized that in England, more than in any other country, the law and public opinion combine to place a heavy penal burden and a severe social stigma on the manifestations of an instinct which to those persons who possess it frequently appears natural and normal. It was clear, therefore, that the matter was in special need of elucidation and discussion.

There can be no doubt that a peculiar amount of ignorance exists regarding the subject of sexual inversion. I know medical men of many years' general experience who have never, to their knowledge, come across a single case. We may remember, indeed, that some fifteen years ago the total number of cases recorded in scientific literature scarcely equaled those of British race which I have obtained, and that before my first cases were published not a single British case, unconnected with the asylum or the prison, had ever been recorded. Probably not a very large number of people are even aware that the turning in of the sexual instinct toward persons of the same sex can ever be regarded as inborn, so far as any sexual instinct is inborn. And very few, indeed, would not be surprised if it were possible to

publish a list of the names of sexually inverted men and women who at the present time are honorably known in church, state, society, art, or letters. It could not be positively affirmed of all such persons that they were born inverted, but in most the inverted tendency seems to be instinctive, and appears at a somewhat early age. In any case, however, it must be realized that in this volume we are not dealing with subjects belonging to the lunatic asylum or the prison. We are concerned with individuals who live in freedom, some of them suffering intensely from their abnormal organization, but otherwise ordinary members of society. In a few cases we are concerned with individuals whose moral or artistic ideals have widely influenced their fellows, who know nothing of the peculiar organization which has largely molded those ideals.

I am indebted to several friends for notes, observations, and correspondence on this subject, more especially to one, referred to as "Z.," and to another as "Q.," who have obtained a considerable number of reliable histories for me, and have also supplied many valuable notes; to "Josiah Flynt" (whose articles on tramps in *Atlantic Monthly* and *Harper's Magazine* have attracted wide attention) for an appendix on homosexuality among tramps; to Drs. Kiernan, Lydston, and Talbot for assistance at various points noted in the text; and to Dr. K., an American woman physician, who kindly assisted me in obtaining cases, and has also supplied an appendix. Other obligations are mentioned in the text.

All those portions of the book which are of medical or medicolegal interest, including most of the cases, have appeared during the last three years in the *Alienist and Neurologist*, the *Journal of Mental Science*, the *Centralblatt für Nervenheilkunde*, the *Medicolegal Journal*, and the *Archivo delle Psicopatie Sessuale*. The cases, as they appear in the present volume, have been slightly condensed, but nothing of genuine psychological interest has been omitted. Owing to some delay in the publication of the English edition of the work, a German translation by my friend, Dr. Hans Kurella, editor of the

Centralblatt für Nervenheilkunde, has already appeared (1896) in the *Bibliothek für Sozialwissenschaft*. The German edition contains some matter which has finally been rejected from the English edition as of minor importance; on the other hand, much has been added to the English edition, and the whole carefully revised.

I have only to add that if it may seem that I have unduly ignored the cases and arguments brought forward by other writers, it is by no means because I wish to depreciate the valuable work done by my predecessors in this field. It is solely because I have not desired to popularize the results previously reached, but simply to bring forward my own results. If I had not been able to present new facts in what is perhaps a new light, I should not feel justified in approaching the subject of sexual inversion at all.

HAVELOCK ELLIS.

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SEXUAL INVERSION.

CHAPTER I.

INTRODUCTION.

Homosexuality Among Animals—Among the Lower Human Races—The Albanians—The Greeks—The Eskimos—The Tribes of the Northwest United States—Homosexuality Among Soldiers in Europe—Indifference Frequently Manifested by European Lower Classes—Sexual Inversion at Rome—Homosexuality in Prisons—Among Men of Exceptional Intellect and Moral Leaders—Muret—Michelangelo—Winkelmann—Homosexuality in English History—Walt Whitman—Verlaine—Burton's Climatic Theory of Homosexuality—The Racial Factor—The Prevalence of Homosexuality Today.

SEXUAL inversion, as here understood, means sexual instinct turned by inborn constitutional abnormality toward persons of the same sex. It is thus a narrower term than homosexuality, which includes all sexual attractions between persons of the same sex, even when seemingly due to the accidental absence of the natural objects of sexual attraction, a phenomenon of wide occurrence among all human races and among most of the higher animals. It is only during recent years that sexual inversion has been recognized; previously it was not distinguished from homosexuality in general, and homosexuality was regarded as a national custom, as an individual vice, or as an unimportant episode in grave forms of insanity.¹ We have further to distinguish sexual inversion and all other forms of homosexuality from another kind of inversion which usually remains, so far as the

¹Taking all its forms *en bloc*, as they are known to the police, homosexuality is seen to possess formidable proportions. Thus in France, from official papers which passed through M. Carlier's bureau during ten years (1860-70), he compiled a list of 6342 pederasts who came within the cognizance of the police; 2049 Parisians, 3709 provincials, and 584 foreigners. Of these, 3432, or more than the half, could not be convicted of illegal acts.

sexual impulse itself is concerned, heterosexual, that is to say, normal. Inversion of this kind leads a person to feel like a person of the opposite sex, and to adopt, so far as possible, the tastes, habits, and dress of the opposite sex, while the direction of the sexual impulse remains normal. This condition I term *sexo-esthetic inversion*, or *Eonism*.

The nomenclature of the highly important form of sexual perversion with which we are here concerned is extremely varied, and most investigators have been much puzzled in coming to a conclusion as to the best, most exact, and at the same time most colorless names to apply to it.

The first in the field in modern times was Ulrichs who, as early as 1862, used the appellation "Uranian" (*Uranier*), based on the well-known myth in Plato's *Banquet*. Later he Germanized this term into "Urning" for the male, and "Urningin" for the female, and referred to the condition itself as "Urningtum." He also invented a number of other related terms on the same basis; some of these terms have had a considerable vogue, but they are too fanciful and high-strung to secure general acceptance. If used in other languages than German they certainly should not be used in their Germanized shape, and it is scarcely legitimate to use the term "Urning" in English. "Uranian" is more correct.

In Germany the first term accepted by recognized scientific authorities was "contrary sexual feeling" (*Konträre Sexualempfindung*). It was devised by Westphal in 1869, and used by Krafft-Ebing and Moll. Though thus accepted by the earliest authorities in this field, and to be regarded as a fairly harmless and vaguely descriptive term, it is somewhat awkward, and is now little used in Germany; it was never currently used outside Germany. It has been largely superseded by the term "homosexuality." This also was devised (by a little-known Hungarian doctor, Benkert, who used the pseudonym Kertbeny) in the same year (1869), but at first attracted no attention. It has, philologically, the awkward disadvantage of being a bastard term compounded of Greek and Latin elements, but its significance—sexual attraction to the same sex—is fairly clear and definite, while it is free from any question-begging association of either favorable or unfavorable character. (Edward Carpenter has proposed to remedy its bastardly linguistic character by transforming it into "homogenic;" this, however, might mean not only "toward the same sex," but "of the same kind," and in German already possesses actually that meaning.) The term "homosexual" has the further advantage that on account of its classical origin it is easily translatable into many languages. It

is now the most widespread general term for the phenomena we are dealing with, and it has been used by Hirschfeld, now the chief authority in this field, as the title of his encyclopedic work, *Die Homosexualität*.

"Sexual Inversion" (in French "inversion sexuelle," and in Italian "inversione sessuale") is the term which has from the first been chiefly used in France and Italy, ever since Charcot and Magnan, in 1882, published their cases of this anomaly in the *Archives de Neurologie*. It had already been employed in Italy by Tamassia in the *Revista Sperimentale di Freniatria*, in 1878. I have not discovered when and where the term "sexual inversion" was first used. Possibly it first appeared in English, for long before the paper of Charcot and Magnan I have noticed, in an anonymous review of Westphal's first paper in the *Journal of Mental Science* (then edited by Dr. Maudsley) for October, 1871, that "Conträre Sexualempfindung" is translated as "inverted sexual proclivity." So far as I am aware, "sexual inversion" was first used in English, as the best term, by J. A. Symonds in 1883, in his privately printed essay, *A Problem in Greek Ethics*. Later, in 1897, the same term was adopted, I believe for the first time publicly in English, in the present work.

It is unnecessary to refer to the numerous other names which have been proposed. (A discussion of the nomenclature will be found in the first chapter of Hirschfeld's work, *Die Homosexualität*, and of some special terms in an article by Schouten, *Sexual-Probleme*, December, 1912.) It may suffice to mention the ancient theological and legal term "sodomy" (sodomia) because it is still the most popular term for this perversion, though, it must be remembered, it has become attached to the physical act of intercourse *per anum*, even when carried out heterosexually, and has little reference to psychic sexual proclivity. This term has its origin in the story (narrated in Genesis, ch. xix) of Lot's visitors whom the men of Sodom desired to have intercourse with, and of the subsequent destruction of Sodom and Gomorrah. This story furnishes a sufficiently good ground for the use of the term, though the Jews do not regard sodomy as the sin of Sodom, but rather inhospitality and hardness of heart to the poor (J. Preuss, *Biblisch-Talmudische Medizin*, pp. 579-81), and Christian theologians also, both Catholic and Protestant (see, e.g., *Jahrbuch für sexuelle Zwischenstufen*, vol. iv, p. 199, and Hirschfeld, *Homosexualität*, p. 742), have argued that it was not homosexuality, but their other offenses, which provoked the destruction of the Cities of the Plain. In Germany "sodomy" has long been used to denote bestiality, or sexual intercourse with animals, but this use of the term is quite unjustified. In English there is another term, "buggery," identical in meaning with sodomy, and equally

familiar. "Bugger" (in French, *bougre*) is a corruption of "Bulgar," the ancient Bulgarian heretics having been popularly supposed to practise this perversion. The people of every country have always been eager to associate sexual perversions with some other country than their own.

The terms usually adopted in the present volume are "sexual inversion" and "homosexuality." The first is used more especially to indicate that the sexual impulse is organically and innately turned toward individuals of the same sex. The second is used more comprehensively of the general phenomena of sexual attraction between persons of the same sex, even if only of a slight and temporary character. It may be admitted that there is no precise warrant for any distinction of this kind between the two terms. The distinction in the phenomena is, however, still generally recognized; thus Iwan Bloch applies the term "homosexuality" to the congenital form, and "pseudo-homosexuality" to its spurious or simulated forms. Those persons who are attracted to both sexes are now usually termed "bisexual," a more convenient term than "psychosexual hermaphrodite," which was formerly used. There remains the normal person, who is "heterosexual."

Before approaching the study of sexual inversion in cases which we may investigate with some degree of scientific accuracy, there is interest in glancing briefly at the phenomena as they appear before us, as yet scarcely or at all differentiated, among animals, among various human races, and at various periods.

Among animals in a domesticated or confined state it is easy to find evidence of homosexual attraction, due merely to the absence of the other sex.¹ This was known to the ancients; the Egyptians regarded two male partridges as the symbol of homosexuality, and Aristotle noted that two female pigeons would cover each other if no male was at hand. Buffon observed many examples, especially among birds. He found that, if male or female birds of various species—such as partridges, fowls, and doves—were shut up together, they would soon begin to have sexual relations among themselves, the males sooner and more

¹ The chief general collection of data (not here drawn upon) concerning homosexuality among animals is by the zoölogist Prof. Karsch, "Päderastie und Tribadie bei den Tieren," *Jahrbuch für sexuelle Zwischenstufen*, vol. ii. Brehm's *Tierleben* also contains many examples. See also a short chapter (ch. xxix) in Hirschfeld's *Homosexualität*.

frequently than the females. More recently Sainte-Claire Deville observed that dogs, rams, and bulls, when isolated, first became restless and dangerous, and then acquired a permanent state of sexual excitement, not obeying the laws of heat, and leading them to attempts to couple together; the presence of the opposite sex at once restored them to normal conditions.¹ Bombarda of Lisbon states that in Portugal it is well known that in every herd of bulls there is nearly always one bull who is ready to lend himself to the perverted whims of his companions.² It may easily be observed how a cow in heat exerts an exciting influence on other cows, impelling them to attempt to play the bull's part. Lacassagne has also noted among young fowls and puppies, etc., that, before ever having had relations with the opposite sex, and while in complete liberty, they make hesitating attempts at intercourse with their own sex.³ This, indeed, together with similar perversions, may often be observed, especially in puppies, who afterward become perfectly normal. Among white rats, which are very sexual animals, Steinach found that, when deprived of females, the males practise homosexuality, though only with males with whom they have long associated; the weaker rats play the passive part. But when a female is introduced they immediately turn to her; although they are occasionally altogether indifferent to sex, they never actually prefer their own sex.⁴

With regard to the playing of the female part by the weaker rats it is interesting to observe that Féré found among insects that the passive part in homosexual relations is favored by fatigue; among cockchafers it was the male just separated from

¹ H. Sainte-Claire Deville, "De l'Internat et son influence sur l'éducation de la jeunesse," a paper read to the Académie des Sciences Morales et Politiques, July 27, 1871, and quoted by Chevalier, *L'Inversion Sexuelle*, pp. 204-5.

² M. Bombarda, *Comptes rendus Congrès Internationale de l'Anthropologie Criminelle*, Amsterdam, p. 212.

³ Lacassagne, "De la Criminalité chez les Animaux," *Revue Scientifique*, 1882.

⁴ Steinach, "Untersuchungen zu vergleichende Physiologie," *Archiv für die Gesamte Physiologie*, Bd. lvi, 1894, p. 320.

the female who would take the passive part (on the rare occasions when homosexual relations occurred) with a fresh male.¹

Homosexuality appears to be specially common among birds. It was among birds that it attracted the attention of the ancients, and numerous interesting observations have been made in more recent times. Thus Selous, a careful bird-watcher, finds that the ruff, the male of the *Machetes pugnax*, suffers from sexual repression owing to the coyness of the female (the reeve), and consequently the males often resort to homosexual intercourse. It is still more remarkable that the reeves also, even in the presence of the males, will court each other and have intercourse.² We may associate this with the high erotic development of birds, the difficulty with which tumescence seems to occur in them, and their long courtships.

Among the higher animals, again, female monkeys, even when grown up (as Moll was informed), behave in a sexual way to each other, though it is difficult to say how far this is merely in play. Dr. Seitz, Director of the Frankfurt Zoölogical Garden, gave Moll a record of his own careful observations of homosexual phenomena among the males and females of various animals confined in the Garden (*Antelope cervicapra*, *Bos Indicus*, *Capra hircus*, *Ovis steatopyga*).³ In all such cases we are not concerned with sexual inversion, but merely with the accidental turning of the sexual instinct into an abnormal channel, the instinct being

¹ Féré, *Comptes-rendus Société de Biologie*, July 30, 1898. We may perhaps connect this with an observation of E. Selous (*Zoölogist*, May and Sept., 1901) on a bird, the Great Crested Grebe; after pairing, the male would crouch to the female, who played his part to him; the same thing is found among pigeons. Selous suggests that this is a relic of primitive hermaphroditism. But it may be remembered that in the male generally sexual intercourse tends to be more exhausting than in the female; this fact would favor a reversion of their respective parts.

² E. Selous, "Sexual Selection in Birds," *Zoölogist*, Feb., 1907, p. 65; *ib.*, May, p. 169. Sexual aberrations generally are not uncommon among birds; see, e.g., A. Heim, "Sexuelle Verirrungen bei Vögeln in den Tropen," *Sexual-Probleme*, April, 1913.

³ See Moll, *Untersuchungen über die Libido Sexualis*, 1898, Bd. i, pp. 369, 374-5. For a summary of facts concerning homosexuality in animals see F. Karsch, "Päderastie und Tribadie bei den Tieren auf Grund der Literatur," *Jahrbuch für sexuelle Zwischenstufen*, Bd. ii, 1899, pp. 126-154.

called out by an approximate substitute, or even by diffused emotional excitement, in the absence of the normal object.

It is probable, however, that cases of true sexual inversion—in which gratification is preferably sought in the same sex—may be found among animals, although observations have rarely been made or recorded. It has been found by Muccioli, an Italian authority on pigeons, that among Belgian carrier-pigeons inverted practices may occur, even in the presence of many of the other sex.¹ This seems to be true inversion, though we are not told whether these birds were also attracted toward the opposite sex. The birds of this family appear to be specially liable to sexual perversion. Thus M. J. Bailly-Maitre, a breeder of great knowledge and a keen observer, wrote to Girard that “they are strange creatures in their manners and customs and are apt to elude the most persistent observer. No animal is more depraved. Mating between males, and still more frequently between females, often occurs at an early age: up to the second year. I have had several pairs of pigeons formed by subjects of the same sex who for many months behaved as if the mating were natural. In some cases this had taken place among young birds of the same nest, who acted like real mates, though both subjects were males. In order to mate them productively we have had to separate them and shut each of them up for some days with a female.”² In the Berlin Zoölogical Gardens also, it has been noticed that two birds of the same sex will occasionally become attached to each other and remain so in spite of repeated advances from individuals of opposite sex. This occurred, for instance, in the case of two males of the Egyptian goose who were thus to all appearance paired, and always kept together, vigorously driving away any female that approached. Similarly a male Australian sheldrake was paired to a male of another species.³

Among birds generally, inverted sexuality seems to accom-

¹ Muccioli, “Degenerazione e Criminalità nei Colombi,” *Archivio di Psichiatria*, 1893, p. 40.

² *L'Intermédiaire des Biologistes*, November 20, 1897.

³ R. I. Pocock, *Pied*, 25 Oct., 1913.

pany the development of the secondary sexual characters of the opposite sex which is sometimes found. Thus, a poultry-breeder describes a hen (colored Dorking) crowing like a cock, only somewhat more harshly, as a cockerel crows, and with an enormous comb, larger than is ever seen in the male. This bird used to try to tread her fellow-hens. At the same time she laid early and regularly, and produced "grand chickens."¹ Among ducks, also, it has occasionally been observed that the female assumes at the same time both male livery and male sexual tendencies. It is probable that such observations will be multiplied in the future, and that sexual inversion in the true sense will be found commoner among animals than at present it appears to be.

Traces of homosexual practices, sometimes on a large scale, have been found among all the great divisions of the human race. It would be possible to collect a considerable body of evidence under this head.² Unfortunately, however, the travellers and others on whose records we are dependent have been so shy of touching these subjects, and so ignorant of the main points for investigation, that it is very difficult to discover sexual inversion in the proper sense in any lower race. Travellers have spoken vaguely of crimes against nature without defining the precise relationship involved nor inquiring how far any congenital impulse could be distinguished.

Looking at the phenomena generally, so far as they have been recorded among various lower races, we seem bound to recognize that there is a widespread natural instinct impelling men toward homosexual relationships, and that this has been sometimes, though very exceptionally, seized upon and developed for advantageous social purposes. On the whole, however, unnatural intercourse (sodomy) has been regarded as an antisocial offense, and punishable sometimes by the most serious penalties that could be invented. This was, for instance, the case in

¹ R. S. Rutherford, "Crowing Hens," *Poultry*, January 26, 1896.

² This has now been very thoroughly done by Prof. F. Karsch-Haack in a large book, *Das Gleichgeschlechtliche Leben der Naturvölker*, 1911. An earlier and shorter study by the same author was published in the *Jahrbuch für sexuelle Zwischenstufen*, Bd. iii, 1901.

ancient Mexico, in Peru, among the Persians, in China, and among the Hebrews and Mohammedans.

Even in very early history it is possible to find traces of homosexuality, with or without an implied disapproval. Its existence in Assyria and Babylonia is indicated by the Codex Hamurabi and by inscriptions which do not on the whole refer to it favorably.¹ As regards Egypt we learn from a Fayum papyrus, found by Flinders Petrie, translated by Griffiths, and discussed by Oefele,² that more than four thousand years ago homosexual practices were so ancient that they were attributed to the gods Horus and Set. The Egyptians showed great admiration of masculine beauty, and it would seem that they never regarded homosexuality as punishable or even reprehensible. It is notable, also, that Egyptian women were sometimes of very virile type, and Hirschfeld considers that intermediate sexual types were specially widespread among the Egyptians.³

One might be tempted to expect that homosexual practices would be encouraged whenever it was necessary to keep down the population. Aristotle says that it was allowed by law in Crete for this end. And Professor Haddon tells me that at Torres Straits a native advocated sodomy on this ground.⁴ There seems, however, on the whole, to be little evidence pointing to this utilization of the practice. The homosexual tendency appears to have flourished chiefly among warriors and warlike peoples. During war and the separation from women that war involves, the homosexual instinct tends to develop; it flourished, for instance, among the Carthaginians and among the Normans, as well as among the warlike Dorians, Scythians, Tartars, and Celts,⁵ and, when there has been an absence of any strong moral

¹ See a brief and rather inconclusive treatment of the question by Bruns Meissner, "Assyriologische Studien," iv, *Mitteilungen der Vorderasiatischen Gesellschaft*, 1907.

² *Monatshefte für praktische Dermatologie*, Bd. xxix, 1899, p. 409.

³ Hirschfeld, *Die Homosexualität*, p. 739.

⁴ Beardmore also notes that sodomy is "very common" in New Guinea on this account. (*Journal of the Anthropological Society of London*, May, 1890, p. 464.)

⁵ I have been told by medical men in India that it is specially common among the Sikhs, the finest soldier-race in India.

feeling against it, the instinct has been cultivated and idealized as a military virtue, partly because it counteracts the longing for the softening feminine influences of the home and partly because it seems to have an inspiring influence in promoting heroism and heightening *esprit de corps*. In the lament of David over Jonathan we have a picture of intimate friendship—"passing the love of women"—between comrades in arms among a barbarous, war-like race. There is nothing to show that such a relationship was sexual, but among warriors in New Caledonia friendships that were undoubtedly homosexual were recognized and regulated; the fraternity of arms, according to Foley,¹ complicated with pederasty, was more sacred than uterine fraternity. We have, moreover, a recent example of the same relationships recognized in a modern European race—the Albanians.

Hahn, in the course of his *Albanische Studien* (1854, p. 166), says that the young men between 16 and 24 love boys from about 12 to 17. A Gege marries at the age of 24 or 25, and then he usually, but not always, gives up boy-love. The following passage is reported by Hahn as the actual language used to him by an Albanian Gege: "The lover's feeling for the boy is pure as sunshine. It places the beloved on the same pedestal as a saint. It is the highest and most exalted passion of which the human breast is capable. The sight of a beautiful youth awakens astonishment in the lover, and opens the door of his heart to the delight which the contemplation of this loveliness affords. Love takes possession of him so completely that all his thought and feeling goes out in it. If he finds himself in the presence of the beloved, he rests absorbed in gazing on him. Absent, he thinks of nought but him. If the beloved unexpectedly appears, he falls into confusion, changes color, turns alternately pale and red. His heart beats faster and impedes his breathing. He has ears and eyes only for the beloved. He shuns touching him with the hand, kisses him only on the forehead, sings his praise in verse, a woman's never." One of these love-poems of an Albanian Gege runs as follows: "The sun, when it rises in the morning, is like you, boy, when you are near me. When your dark eye turns upon me, it drives my reason from my head."

It should be added that Prof. Weigand, who knew the Albanians well, assured Bethe (*Rheinisches Museum für Philologie*, 1907, p. 475) that the relations described by Hahn are really sexual, although tem-

¹ Foley, *Bulletin Société d'Anthropologie de Paris*, October 9, 1879.

pered by idealism. A German scholar who travelled in Albania some years ago, also, assured Nücke (*Jahrbuch für sexuelle Zwischenstufen*, vol. ix, 1908, p. 327) that he could fully confirm Hahn's statements, and that, though it was difficult to speak positively, he doubted whether these relationships were purely ideal. While most prevalent among the Moslems, they are also found among the Christians, and receive the blessing of the priest in church. Jealousy is frequently aroused, the same writer remarks, and even murder may be committed on account of a boy.

It may be mentioned here that among the Tschuktsches, Kam-schatdals, and allied peoples (according to a Russian anthropological journal quoted in *Sexual-Probleme*, January, 1913, p. 41) there are homosexual marriages among the men, and occasionally among the women, ritually consecrated and openly recognized.

The Albanians, it is possible, belonged to the same stock which produced the Dorian Greeks, and the most important and the most thoroughly known case of socially recognized homosexuality is that of Greece during its period of highest military as well as ethical and intellectual vigor. In this case, as in those already mentioned, the homosexual tendency was frequently regarded as having beneficial results, which caused it to be condoned, if not, indeed, fostered as a virtue. Plutarch repeated the old Greek statement that the Beotians, the Lacedemonians, and the Cretans were the most warlike stocks because they were the strongest in love; an army composed of loving homosexual couples, it was held, would be invincible. It appears that the Dorians introduced *paiderastia*, as the Greek form of homosexuality is termed, into Greece; they were the latest invaders, a vigorous mountain race from the northwest (the region including what is now Albania) who spread over the whole land, the islands, and Asia Minor, becoming the ruling race. Homosexuality was, of course, known before they came, but they made it honorable. Homer never mentions it, and it was not known as legitimate to the Æolians or the Ionians. Bethe, who has written a valuable study of Dorian *paiderastia*, states that the Dorians admitted a kind of homosexual marriage, and even had a kind of boy-marriage by capture, the scattered vestiges of this practice indicating, Bethe believes, that it was a general custom

among the Dorians before the invasion of Greece. Such unions even received a kind of religious consecration. It was, moreover, shameful for a noble youth in Crete to have no lover; it spoke ill for his character. By *paiderastia* a man propagated his virtues, as it were, in the youth he loved, implanting them by the act of intercourse.

In its later Greek phases *paiderastia* was associated less with war than with athletics; it was refined and intellectualized by poetry and philosophy. It cannot be doubted that both Æschylus and Sophocles cultivated boy-love, while its idealized presentation in the dialogues of Plato has caused it to be almost identified with his name; thus in the early *Charmides* we have an attractive account of the youth who gives his name to the dialogue and the emotions he excites are described. But even in the early dialogues Plato only conditionally approved of the sexual side of *paiderastia* and he condemned it altogether in the final *Laws*.¹

The early stages of Greek *paiderastia* are very interestingly studied by Bethe, "Die Dorische Knabenliebe," *Rheinisches Museum für Philologie*, 1907. J. A. Symonds's essay on the later aspects of *paiderastia*, especially as reflected in Greek literature, *A Problem in Greek Ethics*, is contained in the early German edition of the present study, but (though privately printed in 1883 by the author in an edition of twelve copies and since pirated in another private edition) it has not yet been published in English. *Paiderastia* in Greek poetry has also been studied by Paul Brandt, *Jahrbuch für sexuelle Zwischenstufen*, vols. viii and ix (1906 and 1907), and by Otto Knapp (*Anthropophyteia*, vol. iii, pp. 254-260) who seeks to demonstrate the sensual side of *paiderastia*. On the other hand, Licht, working on somewhat the same lines as Bethe (*Zeitschrift für Sexualwissenschaft*, August, 1908), deals with the ethical element in *paiderastia*, points out its beneficial moral influence, and argues that it was largely on this ground that it was counted sacred. Licht has also published a learned study of *paiderastia* in Attic comedy (*Anthropophyteia*, vol. vii, 1910), and remarks that "without *paiderastia* Greek comedy is unthinkable." *Paiderastia* in the Greek anthology has been fully explored by P. Stephanus (*Jahrbuch für sexuelle Zwischenstufen*, vol. ix, 1908, p. 213). Kiefer, who has studied

¹ See, e.g., O. Kiefer, "Plato's Stellung zu Homosexualität," *Jahrbuch für sexuelle Zwischenstufen*, vol. vii.

Socrates in relation to homosexuality (O. Kiefer, "Socrates und die Homosexualität," *Jahrbuch für sexuelle Zwischenstufen*, vol. ix, 1908), concludes that he was bisexual but that his sexual impulses had been sublimated. It may be added that many results of recent investigation concerning *paiderastia* are summarized by Hirschfeld, *Die Homosexualität*, pp. 747-788, and by Edward Carpenter, *Intermediate Types Among Primitive Folk*, 1914, part ii; see also Bloch, *Die Prostitution*, vol. i, p. 232 *et seq.*, and *Der Ursprung der Syphilis*, vol. ii, p. 564.

It would appear that almost the only indications outside Greece of *paiderastic* homosexuality showing a high degree of tenderness and esthetic feeling are to be found in Persian and Arabian literature, after the time of the Abbasids, although this practice was forbidden by the Koran.¹

In Constantinople, as Näcke was informed by German converts living in that city, homosexuality is widespread, most cultivated Turks being capable of relations with boys as well as with women, though very few are exclusively homosexual, so that their attitude would seem to be largely due to custom and tradition. Adult males rarely have homosexual relations together; one of the couple is usually a boy of 12 to 18 years, and this condition of things among the refined classes is said to resemble ancient Greek *paiderastia*. But ordinary homosexual prostitution is prevalent; it is especially recognized in the baths which abound in Constantinople and are often open all night. The attendants at these baths are youths who scarcely need an invitation to induce them to gratify the client in this respect, the gratification usually consisting in masturbation, mutual or one-sided, as desired. The practice, though little spoken of, is carried on almost openly, and blackmailing is said to be unknown.² In the New Turkey, however, it is stated by Adler Bey that homosexual prostitution has almost disappeared.³

There is abundant evidence to show that homosexual prac-

¹ Bethé, *op. cit.*, p. 440. In old Japan (before the revolution of 1868) also, however, according to F. S. Krauss (*Das Geschlechtsleben der Japaner*, ch. xiii, 1911), the homosexual relations between knights and their pages resembled those of ancient Greece.

² *Archiv für Kriminal-Anthropologie*, 1906, p. 106.

³ *Zeitschrift für Sexualwissenschaft*, 1914, Heft 2, p. 73.

tices exist and have long existed in most parts of the world outside Europe, when subserving no obvious social or moral end. How far they are associated with congenital inversion is usually very doubtful. In China, for instance, it seems that there are special houses devoted to male prostitution, though less numerous than the houses devoted to females, for homosexuality cannot be considered common in China (its prevalence among Chinese abroad being due to the absence of women) and it is chiefly found in the north.¹ When a rich man gives a feast he sends for women to cheer the repast by music and song, and for boys to serve at table and to entertain the guests by their lively conversation. The boys have been carefully brought up for this occupation, receiving an excellent education, and their mental qualities are even more highly valued than their physical attractiveness. The women are less carefully brought up and less esteemed. After the meal the lads usually return home with a considerable fee. What further occurs the Chinese say little about. It seems that real and deep affection is often born of these relations, at first platonic, but in the end becoming physical, not a matter for great concern in the eyes of the Chinese. In the Chinese novels, often of a very literary character, devoted to masculine love, it seems that all the preliminaries and transports of normal love are to be found, while physical union may terminate the scene. In China, however, the law may be brought into action for attempts against nature even with mutual consent; the penalty is one hundred strokes with the bamboo and a month's imprisonment; if there is violence, the penalty is decapitation; I am not able to say how far the law is a dead letter. According to Matignon, so far as homosexuality exists in China, it is carried

¹ Among the Sarts of Turkestan a class of well-trained and educated homosexual prostitutes, resembling those found in China and many regions of northern Asia, bearing also the same name of *batsha*, are said to be especially common because fostered by the scarcity of women through polygamy and by the women's ignorance and coarseness. The institution of the *batsha* is supposed to have come to Turkestan from Persia. (Herman, "Die Püderastie bei den Sarten," *Sexual-Probleme*, June, 1911.) This would seem to suggest that Persia may have been a general center of diffusions of this kind of refined homosexuality in northern Asia.

on with much more decorum and restraint than it is in Europe, and he thinks it may be put down to the credit of the Chinese that, unlike Europeans, they never practice unnatural connection with women. His account of the customs of the Chinese confirms Morache's earlier account, and he remarks that, though not much spoken of, homosexuality is not looked down upon. He gives some interesting details concerning the boy prostitutes. These are sold by their parents (sometimes stolen from them), about the age of 4, and educated, while they are also subjected to a special physical training, which includes massage of the gluteal regions to favor development, dilatation of the anus, and epilation (which is not, however, practised by Chinese women). At the same time, they are taught music, singing, drawing, and the art of poetry. The waiters at the restaurants always know where these young gentlemen are to be found when they are required to grace a rich man's feast. They are generally accompanied by a guardian, and usually nothing very serious takes place, for they know their value, and money will not always buy their expensive favors. They are very effeminate, luxuriously dressed and perfumed, and they seldom go on foot. There are, however, lower orders of such prostitutes.¹

Homosexuality is easily traceable in India. Dubois referred to houses devoted to male prostitution, with men dressed as women, and imitating the ways of women.² Burton in the "Terminal Essay" to his translation of the *Arabian Nights*, states that when in 1845 Sir Charles Napier conquered and annexed Sind three brothels of eunuchs and boys were found in the small town of Karachi, and Burton was instructed to visit and report on them. Hindus in general, however, it appears, hold

¹ Morache, art. "Chine," *Dictionnaire Encyclopédique des Sciences Médicales*; Matignon, "La Pédérastie en Chine," *Archives d'Anthropologie Criminelle*, Jan., 1899; Von der Choven, summarized in *Archives de Neurologie*, March, 1907; Scié-Ton-Fa, "L'Homosexualité en Chine," *Revue de l'Hypnotisme*, April, 1909.

² *Mœurs des Peuples de l'Inde*, 1825, vol. i, part ii, ch. xii. In Lahore and Lucknow, as quoted by Burton, Daville describes "men dressed as women, with flowing locks under crowns of flowers, imitating the feminine walk and gestures, voice and fashion of speech, ogling their admirer with all the coquetry of bayaderes."

homosexuality in abhorrence. In Afghanistan homosexuality is more generally accepted, and Burton stated that "each caravan is accompanied by a number of boys and lads almost in woman's attire, with kohled eyes and rouged cheeks, long tresses and hennaed fingers and toes, riding luxuriously in camel paniers."

If we turn to the New World, we find that among the American Indians, from the Eskimo of Alaska downward to Brazil and still farther south, homosexual customs have been very frequently observed. Sometimes they are regarded by the tribe with honor, sometimes with indifference, sometimes with contempt; but they appear to be always tolerated. Although there are local differences, these customs, on the whole, seem to have much in common. The best early description which I have been able to find is by Langsdorff¹ and concerns the Aleuts of Oonalashka in Alaska: "Boys, if they happen to be very handsome," he says, "are often brought up entirely in the manner of girls, and instructed in the arts women use to please men; their beards are carefully plucked out as soon as they begin to appear, and their chins tattooed like those of women; they wear ornaments of glass beads upon their legs and arms, bind and cut their hair in the same manner as the women, and supply their place with the men as concubines. This shocking, unnatural, and immoral practice has obtained here even from the remotest times; nor have any measures hitherto been taken to repress and restrain it; such men are known under the name of *schopans*."

Among the Konyagas Langsdorff found the custom much more common than among the Aleuts; he remarks that, although the mothers brought up some of their children in this way, they seemed very fond of their offspring. Lisiansky, at about the same period, tells us that: "Of all the customs of these islanders, the most disgusting is that of men, called *schoopans*, living with men, and supplying the place of women. These are brought up from their infancy with females, and taught all the feminine arts. They even assume the manner and dress of the

¹ *Voyages and Travels*, 1814, part ii, p. 47.

women so nearly that a stranger would naturally take them for what they are not. This odious practice was formerly so prevalent that the residence of one of these monsters in a house was considered as fortunate; it is, however, daily losing ground."¹ He mentions a case in which a priest had nearly married two males, when an interpreter chanced to come in and was able to inform him what he was doing.

The practice has, however, apparently continued to be fairly common among the Alaska Eskimos down to recent times. Thus Dr. Engelmann mentioned to me that he was informed by those who had lived in Alaska, especially near Point Barrow, that as many as 5 such individuals (regarded by uninstructed strangers as "hermaphrodites") might be found in a single comparatively small community. It is stated by Davydoff, as quoted by Holmberg,² that the boy is selected to be a *schopan* because he is girl-like. This is a point of some interest as it indicates that the *schupan* is not effeminated solely by suggestion and association, but is probably feminine by inborn constitution.

In Louisiana, Florida, Yucatan, etc., somewhat similar customs exist or have existed. In Brazil men are to be found dressed as women and solely occupying themselves with feminine occupations; they are not very highly regarded.³ They are called *culminas*: i.e., circumcized. Among the Pueblo Indians of New Mexico these individuals are called *mujerados* (supposed to be a corruption of *mujeriego*) and are the chief passive agents in the homosexual ceremonies of these people. They are said to be intentionally effeminated in early life by much masturbation and by constant horse-riding.⁴

Among all the tribes of the northwest United States sexual invert may be found. The invert is called a *boté* ("not man, not woman") by the Montana, and a *burdash* ("half-man, half-

¹ A. Lisiansky, *Voyage, etc.*, London, 1814, p. 1899.

² *Ethnographische Skizzen*, 1855, p. 121.

³ C. F. P. von Martius, *Zur Ethnographie Amerika's*, Leipzig, 1867, Bd. i, p. 74. In Ancient Mexico Bernal Diaz wrote: *Erant quasi omnes sodomia commaculati, et adolescentes multi, muliebritur vestiti, ibant publice, cibum quarentes ab isto diabolico et abominabili labore.*

⁴ Hammond, *Sexual Impotence*, pp. 163-174.

woman") by the Washington Indians. The *boté* has been carefully studied by Dr. A. B. Holder.¹ Holder finds that the *boté* wears woman's dress, and that his speech and manners are feminine. The dress and manners are assumed in childhood, but no sexual practices take place until puberty. These consist in the practice of *fellatio* by the *boté*, who probably himself experiences the orgasm at the same time. The *boté* is not a pederast, although pederasty occurs among these Indians. Holder examined a *boté* who was splendidly made, prepossessing, and in perfect health. With much reluctance he agreed to a careful examination. The sexual organs were quite normal, though perhaps not quite so large as his *physique* would suggest, but he had never had intercourse with a woman. On removing his clothes he pressed his thighs together, as a timid woman would, so as to conceal completely the sexual organs; Holder says that the thighs "really, or to my fancy," had the feminine rotundity. He has heard a *boté* "beg a male Indian to submit to his caress," and he tells that "one little fellow, while in the agency boarding-school, was found frequently surreptitiously wearing female attire. He was punished, but finally escaped from school and became a *boté*, which vocation he has since followed."

At Tahiti at the beginning of the nineteenth century, Turnbull² found that "there are a set of men in this country whose open profession is of such abomination that the laudable delicacy of our language will not admit it to be mentioned. These are called by the natives *Mahoos*; they assume the dress, attitude, and manners of women, and affect all the fantastic oddities and coquetties of the vainest of females. They mostly associate with the women, who court their acquaintance. With the manners of the women they adopt their peculiar employments, making cloth, bonnets, and mats; and so completely are they unsexed that had they not been pointed out to me I should not have known them but as women. I add, with some satisfaction, that

¹ *New York Medical Journal*, Dec. 7, 1889.

² J. Turnbull, "A Voyage Round the World in the Year 1800," etc., 1813, p. 382.

the encouragement of this abomination is almost solely confined to the chiefs."

Among the Sakalaves of Madagascar there are certain boys called *sekatra*, as described by Lasnet, who are apparently chosen from childhood on account of weak or delicate appearance and brought up as girls. They live like women and have intercourse with men, with or without sodomy, paying the men who please them.¹

Among the negro population of Zanzibar forms of homosexuality which are believed to be congenital (as well as acquired forms) are said to be fairly common. Their frequency is thought to be due to Arab influence. The male congenital inverts show from their earliest years no aptitude for men's occupations, but are attracted toward female occupations. As they grow older they wear women's clothes, dress their hair in women's fashion, and behave altogether like women. They associate only with women and with male prostitutes, and they obtain sexual satisfaction by passive pederasty or in ways simulating coitus. In appearance they resemble ordinary male prostitutes, who are common in Zanzibar, but it is noteworthy that the natives make a clear distinction between them and men prostitutes. The latter are looked down on with contempt, while the former, as being what they are "by the will of God," are tolerated.²

Homosexuality occurs in various parts of Africa. Cases of *effeminatio* and passive sodomy have been reported from Unyamwezi and Uganda. Among the Bangala of the Upper Congo sodomy between men is very common, especially when they are away from home, in strange towns, or in fishing camps. If, however, a man had intercourse with a woman *per anum* he was at one time liable to be put to death.³

¹ *Annales d'Hygiène et de Médecine Coloniale*, 1899, p. 494.

² Oskar Baumann, "Conträre Sexual-Erscheinungen bei die Neger-Bevölkerung Zanzibars," *Zeitschrift für Ethnologie*, 1899, Heft 6, p. 668.

³ Rev. J. H. Weeks, *Journal Anthropological Institute*, 1909, p. 449. I am informed by a medical correspondent in the United States that inversion is extremely prevalent among American negroes. "I have good reason to believe," he writes, "that it is far more prevalent among them than among the white people of any nation. If inversion is to be

Among the Papuans in some parts of New Guinea, as already mentioned, homosexuality is said to be well recognized, and is resorted to for convenience as well, perhaps, as for Malthusian reasons.¹ But in the Rigo district of British New Guinea, where habitual sodomy is not practised, Dr. Seligmann, of the Cambridge Anthropological Expedition to Torres Straits, made some highly important observations on several men and women who clearly appeared to be cases of congenital sexual inversion with some degree of esthetic inversion and even some anatomical modification.² These people, it may be noted, belong to a primitive race, uncontaminated by contact with white races, and practically still in the Stone Age.

Finally, among another allied primitive people, the Australians, it would appear that homosexuality has long been well established in tribal customs. Among the natives of Kimberley, Western Australia (who are by no means of low type, quick and intelligent, with special aptitudes for learning languages and music), if a wife is not obtainable for a young man he is presented with a boy-wife between the ages of 5 and 10 (the age when a boy receives his masculine initiation). The exact nature of the relations between the boy-wife and his protector are doubtful; they certainly have connection, but the natives repudiate with horror and disgust the idea of sodomy.³

regarded as a penalty of 'civilization' this is remarkable. Perhaps, however, the Negro, *relatively to his capacity*, is more highly civilized than we are; at any rate his civilization has been thrust upon him, and not acquired through the long throes of evolution. Colored invert desire white men as a rule, but are not averse to men of their own race. I believe that 10 per cent. of Negroes in the United States are sexually inverted."

¹ Among the Papuans of German New Guinea, where the women have great power, marriage is late, and the young men are compelled to live separated from the women in communal houses. Here, says Moskowski (*Zeitschrift für Ethnologie*, 1911, Heft 2, p. 339), homosexual orgies are openly carried on.

² C. G. Seligmann, "Sexual Inversion Among Primitive Races," *Alienist and Neurologist*, Jan., 1902. In a tale of the Western Solomon Islands, reported by J. C. Wheeler (*Anthropophyteia*, vol. ix, p. 376) we find a story of a man who would be a woman, and married another man and did woman's work.

³ Hardman, "Habits and Customs of Natives of Kimberley, Western Australia," *Proceedings Royal Irish Academy*, 3d series, vol. i, 1889, p. 73.

Further light is thrown on homosexuality in Australia by the supposition of Spencer and Gillen that the *mika* operation (urethral subincision), an artificial hypospadias, is for the purpose of homosexual intercourse. Klaatsch has discussed the homosexual origin of the *mika* operation on the basis of information he received from missionaries at Niol-Niol, on the northwest coast. The subincised man acts as a female to the as yet unoperated boys, who perform coitus in the incised opening. Roth informed Klaatsch in 1906 that at Boulia in Queensland the operated men are said to "possess a vulva."¹

These various accounts are of considerable interest, though for the most part their precise significance remains doubtful. Some of them, however,—such as Holder's description of the *boté*, Baumann's account of homosexual phenomena in Zanzibar, and especially Seligmann's observations in British New Guinea,—indicate not only the presence of esthetic inversion but of true congenital sexual inversion. The extent of the evidence will doubtless be greatly enlarged as the number of competent observers increases, and crucial points are no longer so frequently overlooked.

On the whole, the evidence shows that among lower races homosexual practices are regarded with considerable indifference, and the real invert, if he exists among them, as doubtless he does exist, generally passes unperceived or joins some sacred caste which sanctifies his exclusively homosexual inclinations.

Even in Europe today a considerable lack of repugnance to homosexual practices may be found among the lower classes. In this matter, as folklore shows in so many other matters, the uncultured man of civilization is linked to the savage. In England, I am told, the soldier often has little or no objection to prostitute himself to the "swell" who pays him, although for pleasure he prefers to go to women; and Hyde Park is spoken of as a center of male prostitution.

¹Klaatsch, "Some Notes on Scientific Travel Amongst the Black Populations of Tropic Australia," Adelaide meeting of *Australian Association for the Advancement of Science*, January, 1907, p. 5.

"Among the working masses of England and Scotland," Q. writes, "‘comradeship’ is well marked, though not (as in Italy) very conscious of itself. Friends often kiss each other, though this habit seems to vary a good deal in different sections and coteries. Men commonly sleep together, whether comrades or not, and so easily get familiar. Occasionally, but not so very often, this relation delays for a time, or even indefinitely, actual marriage, and in some instances is highly passionate and romantic. There is a good deal of grossness, no doubt, here and there in this direction among the masses; but there are no male prostitutes (that I am aware of) whose regular clients are manual workers. This kind of prostitution in London is common enough, but I have only a slight personal knowledge of it. Many youths are ‘kept’ handsomely in apartments by wealthy men, and they are, of course, not always inaccessible to others. Many keep themselves in lodgings by this means, and others eke out scanty wages by the same device: just like women, in fact. Choir-boys reinforce the ranks to a considerable extent, and private soldiers to a large extent. Some of the barracks (notably Knightsbridge) are great centres. On summer evenings Hyde Park and the neighborhood of Albert Gate is full of guardsmen and others plying a lively trade, and with little disguise, in uniform or out. In these cases it sometimes only amounts to a chat on a retired seat or a drink at a bar; sometimes recourse is had to a room in some known lodging-house, or to one or two hotels which lend themselves to this kind of business. In any case it means a covetable addition to Tommy Atkins’s pocket-money." And Mr. Raffalovich, speaking of London, remarks: "The number of soldiers who prostitute themselves is greater than we are willing to believe. It is no exaggeration to say that in certain regiments the presumption is in favor of the venality of the majority of the men." It is worth noting that there is a perfect understanding in this matter between soldiers and the police, who may always be relied upon by the former for assistance and advice. I am indebted to my correspondent "Z" for the following notes: "Soldiers are no less sought after in France than in England or in Germany, and special houses exist for military prostitution both in Paris and the garrison-towns. Many facts known about the French army go to prove that these habits have been contracted in Algeria, and have spread to a formidable extent through whole regiments. The facts related by Ulrichs about the French foreign legion, on the testimony of a credible witness who had been a pathic in his regiment, deserve attention (*Ara Spei*, p. 20; *Memnon*, p. 27). This man, who was a German, told Ulrichs that the Spanish, French, and Italian soldiers were the lovers, the Swiss and German their beloved (see also General Brosier’s Report, quoted by Burton, *Arabian Nights*, vol. x, p. 251). In Lucien Descaves’s military novel, *Sous Offs* (Paris, Tresse et Stock,

1890), some details are given regarding establishments for male prostitution. See pages 322, 412, and 417 for description of the drinking-shop called 'Aux Amis de l'Armée,' where a few maids were kept for show, and also of its frequenters, including, in particular, the Adjutant Laprévotte. Ulrichs reports that in the Austrian army lectures on homosexual vices are regularly given to cadets and conscripts (*Memnon*, p. 26). A soldier who had left the army told a friend of mine that he and many of his comrades had taken to homosexual indulgences when abroad on foreign service in a lonely station. He kept the practice up in England 'because the women of his class were so unattractive.' The captain of an English man-of-war said that he was always glad to send his men on shore after a long cruise at sea, never feeling sure how far they might not all go if left without women for a certain space of time." I may add that A. Hamon (*La France Sociale et Politique*, 1891, pp. 653-55; also in his *Psychologie du Militaire Professionnel*, chapter x) gives details as to the prevalence of homosexuality in the French army, especially in Algeria; he regards it as extremely common, although the majority are free. A fragment of a letter by General Lamoricière (speaking of Marshal Changarnier) is quoted: *En Afrique nous en étions tous, mais lui en est resté ici.*

This primitive indifference is doubtless also a factor in the prevalence of homosexuality among criminals, although here, it must be remembered, two other factors (congenital abnormality and the isolation of imprisonment) have to be considered. In Russia, Tarnowsky observes that all pederasts are agreed that the common people are tolerably indifferent to their sexual advances, which they call "gentlemen's games." A correspondent remarks on "the fact, patent to all observers, that simple folk not infrequently display no greater disgust for the abnormalities of sexual appetite than they do for its normal manifestations."¹ He knows of many cases in which men of lower class were flattered and pleased by the attentions of men of higher class, although not themselves inverted. And from this point of view the following case, which he mentions, is very instructive:—

A pervert whom I can trust told me that he had made advances to upward of one hundred men in the course of the last fourteen years, and

¹ In further illustration of this I have been told that among the common people there is often no feeling against connection with a woman *per anum*.

that he had only once met with a refusal (in which case the man later on offered himself spontaneously) and only once with an attempt to extort money. Permanent relations of friendship sprang up in most instances. He admitted that he looked after these persons and helped them with his social influence and a certain amount of pecuniary support—setting one up in business, giving another something to marry on, and finding places for others.

Among the peasantry in Switzerland, I am informed, homosexual relationships are not uncommon before marriage, and such relationships are lightly spoken of as “Dummheiten.” No doubt, similar traits might be found in the peasantry of other parts of Europe.

What may be regarded as true sexual inversion can be traced in Europe from the beginning of the Christian era (though we can scarcely demonstrate the congenital element) especially among two classes—men of exceptional ability and criminals; and also, it may be added, among those neurotic and degenerate individuals who may be said to lie between these two classes, and on or over the borders of both. Homosexuality, mingled with various other sexual abnormalities and excesses, seems to have flourished in Rome during the empire, and is well exemplified in the persons of many of the emperors.¹ Julius Cæsar, Augustus, Tiberius, Caligula, Claudius, Nero, Galba, Titus, Domitian, Nerva, Trajan, Hadrian, Commodus, and Heliogabalus—many of them men of great ability and, from a Roman standpoint, great moral worth—are all charged, on more or less solid evidence, with homosexual practices. In Julius Cæsar—“the husband of all women and the wife of all men” as he was satirically termed—excess of sexual activity seems to have accompanied, as is sometimes seen, an excess of intellectual activity. He was first accused of homosexual practices after a long stay in Bithynia with King Nikomedes, and the charge was

¹ Chevalier (*L'Inversion Sexuelle*, pp. 85-106) brings forward a considerable amount of evidence regarding homosexuality at Rome under the emperors. See also Möll, *Konträre Sexualempfindung*, 1899, pp. 56-66, and Hirschfeld, *Homosexualität*, 1913, pp. 789-806. On the literary side, Petronius best reveals the homosexual aspect of Roman life about the time of Tiberius.

very often renewed. Caesar was proud of his physical beauty, and, like some modern inverts, he was accustomed carefully to shave and epilate his body to preserve the smoothness of the skin. Hadrian's love for his beautiful slave Antinoüs is well known; the love seems to have been deep and mutual, and Antinoüs has become immortalized, partly by the romance of his obscure death and partly by the new and strangely beautiful type which he has given to sculpture.¹ Heliogabalus, "the most homosexual of all the company," as he has been termed, seems to have been a true sexual invert, of feminine type; he dressed as a woman and was devoted to the men he loved.²

Homosexual practices everywhere flourish and abound in prisons. There is abundant evidence on this point. I will only bring forward the evidence of Dr. Wey, formerly physician to the Elmira Reformatory, New York. "Sexuality" (he wrote in a private letter) "is one of the most troublesome elements with which we have to contend. I have no data as to the number of prisoners here who are sexually perverse. In my pessimistic moments I should feel like saying that all were; but probably 30 per cent. would be a fair estimate." And, referring to the sexual influence which some men have over others, he remarks that "there are many men with features suggestive of femininity that attract others to them in a way that reminds me of a bitch in heat followed by a pack of dogs."³ In Sing Sing prison of

¹ J. A. Symonds wrote an interesting essay on this subject; see also Kiefer, *Jahrbuch f. sex. Zwischenstufen*, vol. viii, 1906.

² See L. von Scheffler, "Elagabal," *Jahrbuch f. sex. Zwischenstufen*, vol. iii, 1901; also Duviquet, *Héliogabale (Mercure de France)*.

³ The following note has been furnished to me: "Balzac, in *Une Dernière Incarnation de Vautrin*, describes the morals of the French bagnes. Dostoeffsky, in *Prison-Life in Siberia*, touches on the same subject. See his portrait of Sirotkin, p. 52 *et seq.*, p. 120 (edition J. and R. Maxwell, London). We may compare Carlier, *Les Deux Prostitutions*, pp. 300-1, for an account of the violence of homosexual passions in French prisons. The initiated are familiar with the fact in English prisons. Bouchard, in his *Confessions*, Paris, Liseux, 1881, describes the convict station at Marseilles in 1630." Homosexuality among French recidivists at Saint-Jean-du-Maroni in French Guiana has been described by Dr. Cazanova, *Arch. d'Anth. Crim.*, January, 1906, p. 44. See also Davitt's *Leaves from a Prison Diary*, and Berkman's *Prison Memoirs of an Anarchist*; also Rebierre, *Joyeux et Demi-fous*, 1900.

New York, 20 per cent. of the prisoners are said to be actively homosexual and a large number of the rest passively homosexual. These prison relationships are not always of a brutal character, McMurtrie states, the attraction sometimes being more spiritual than physical.¹

Prison life develops and fosters the homosexual tendency of criminals; but there can be little doubt that that tendency, or else a tendency to sexual indifference or bisexuality, is a radical character of a very large number of criminals. We may also find it to a considerable extent among tramps, an allied class of undoubted degenerates, who, save for brief seasons, are less familiar with prison life. I am able to bring forward interesting evidence on this point by an acute observer who lived much among tramps in various countries, and largely devoted himself to the study of them.²

The fact that homosexuality is especially common among men of exceptional intellect was long since noted by Dante:—

"In somma sappi, che tutti fur cherci
E litterati grandi, et di gran fama
D'un medismo peccato al mondo lerci."³

It has often been noted since and remains a remarkable fact.

There cannot be the slightest doubt that intellectual and artistic abilities of the highest order have frequently been associated with a congenitally inverted sexual temperament. There has been a tendency among inverts themselves to discover their own temperament in many distinguished persons on evidence of the most slender character. But it remains a demonstrable fact that numerous highly distinguished persons, of the past and the present, in various countries, have been inverts. I may here refer to my own observations on this point in the preface. Mantegazza (*Gli Amori degli Uomini*) remarks that in his own restricted circle he is acquainted with "a French publicist, a German poet, an Italian statesman, and a Spanish jurist, all men of exquisite taste and highly cultivated mind," who are sexually inverted. Kraft-Ebing, in

¹ D. McMurtrie, *Chicago Medical Recorder*, January, 1914.

² See Appendix A: "Homosexuality among Tramps," by "Josiah Flynt."

³ *Inferno*, xv. The place of homosexuality in the *Divine Comedy* itself has been briefly studied by Undine Freiin von Verschuer, *Jahrbuch für sexuelle Zwischenstufen*, Bd. viii, 1906.

the preface to his *Psychopathia Sexualis*, referring to the "numberless" communications he has received from these "step-children of nature," remarks that "the majority of the writers are men of high intellectual and social position, and often possess very keen emotions." Rafalovich (*Uranisme*, p. 197) names among distinguished inverts, Alexander the Great, Epaminondas, Virgil, the great Condé, Prince Eugène, etc. (The question of Virgil's inversion is discussed in the *Revista di Filologia*, 1890, fas. 7-9, but I have not been able to see this review.) Moll, in his *Berühmte Homosexuelle* (1910, in the series of *Grenzfragen des Nerven- und Seelenlebens*) discusses the homosexuality of a number of eminent persons, for the most part with his usual caution and sagacity; speaking of the alleged homosexuality of Wagner he remarks, with entire truth, that "the method of arguing the existence of homosexuality from the presence of feminine traits must be decisively rejected." Hirschfeld has more recently included in his great work *Die Homosexualität* (1913, pp. 650-674) two lists, ancient and modern, of alleged inverts among the distinguished persons of history, briefly stating the nature of the evidence in each case. They amount to nearly 300. Not all of them, however, can be properly described as distinguished. Thus we find in the list 43 English names; of these at least half a dozen were noblemen who were concerned in homosexual prosecutions, but were of no intellectual distinction. Others, again, are of undoubted eminence, but there is no good reason to regard them as homosexual; this is the case, for instance, as regards Swift, who may have been mentally abnormal, but appears to have been heterosexual rather than homosexual; Fletcher, of whom we know nothing definite in this respect, is also included, as well as Tennyson, whose youthful sentimental friendship for Arthur Hallam is exactly comparable to that of Montaigne for Etienne de la Boétie, yet Montaigne is not included in the list. It may be added, however, that while some of the English names in the list are thus extremely doubtful, it would have been possible to add some others who were without doubt inverts.

It has not, I think, been noted—largely because the evidence was insufficiently clear—that among moral leaders, and persons with strong ethical instincts, there is a tendency toward the more elevated forms of homosexual feeling. This may be traced, not only in some of the great moral teachers of old, but also in men and women of our own day. It is fairly evident why this should be so. Just as the repressed love of a woman or a man has, in normally constituted persons, frequently furnished the motive power for an enlarged philanthropic activity,

so the person who sees his own sex also bathed in sexual glamour, brings to his work of human service an ardor wholly unknown to the normally constituted individual; morality to him has become one with love.¹ I am not prepared here to insist on this point, but no one, I think, who studies sympathetically the histories and experiences of great moral leaders can fail in many cases to note the presence of this feeling, more or less finely sublimated from any gross physical manifestation.

If it is probable that in moral movements persons of homosexual temperament have sometimes become prominent, it is undoubtedly true, beyond possibility of doubt, that they have been prominent in religion. Many years ago (in 1885) the ethnologist, Elie Reclus, in his charming book, *Les Primitifs*,² setting forth the phenomena of homosexuality among the Eskimo Innuït tribe, clearly insisted that from time immemorial there has been a connection between the invert and the priest, and showed how well this connection is illustrated by the Eskimo *schupans*. Much more recently, in his elaborate study of the priest, Horneffer discusses the feminine traits of priests and shows that, among the most various peoples, persons of sexually abnormal and especially homosexual temperament have assumed the functions of priesthood. To the popular eye the unnatural is the supernatural, and the abnormal has appeared to be specially close to the secret Power of the World. Abnormal

¹ Hirschfeld and others have pointed out, very truly, that inverts are less prone than normal persons to regard caste and social position. This innately democratic attitude renders it easier for them than for ordinary people to rise to what Cyples has called the "ecstasy of humanity," the emotional attitude, that is to say, of those rare souls of whom it may be said, in the same writer's words, that "beggars' rags to their unhesitating lips grew fit for kissing because humanity had touched the garb." Edward Carpenter (*Intermediate Types among Primitive Folk*, p. 83) remarks that great ethical leaders have often exhibited feminine traits, and adds: "It becomes easy to suppose of those early figures—who once probably were men—those Apollos, Buddhas, Dionysus, Osiris, and so forth—to suppose that they too were somewhat bi-sexual in temperament, and that it was really largely owing to that fact that they were endowed with far-reaching powers and became leaders of mankind."

² English translation, *Primitive Folk*, in Contemporary Science series.

persons are themselves of the same opinion and regard themselves as divine. As Horneffer points out, they often really possess special aptitude.¹ Karsch in his *Gleichgeschlechtliche Leben der Naturvölker* (1911) has brought out the high religious as well as social significance of castes of cross-dressed and often homosexual persons among primitive peoples. At the same time Edward Carpenter in his remarkable book, *Intermediate Types among Primitive Folk* (1914), has shown with much insight how it comes about that there is an organic connection between the homosexual temperament and unusual psychic or divinatory powers. Homosexual men were non-warlike and homosexual women non-domestic, so that their energies sought different outlets from those of ordinary men and women; they became the initiators of new activities. Thus it is that from among them would in some degree issue not only inventors and craftsmen and teachers, but sorcerers and diviners, medicine-men and wizards, prophets and priests. Such persons would be especially impelled to thought, because they would realize that they were different from other people; treated with reverence by some and with contempt by others, they would be compelled to face the problems of their own nature and, indirectly, the problems of the world generally. Moreover, Carpenter points out, persons in whom the masculine and feminine temperaments were combined would in many cases be persons of intuition and complex mind beyond their fellows, and so able to exercise divination and prophecy in a very real and natural sense.²

This aptitude of the invert for primitive religion, for sorcery and divination, would have its reaction on popular feeling, more especially when magic and the primitive forms of religion began to fall into disrepute. The invert would be regarded as the sorcerer of a false and evil religion and be submerged in the

¹ R. Horneffer, *Der Priester*, 2 vols., 1912. J. G. Frazer, in the volume entitled "Adonis, Attis, Osiris" (pp. 428-435) of the third edition of his *Golden Bough*, discusses priests dressed as women, and finds various reasons for the custom.

² Edward Carpenter, *Intermediate Types among Primitive Folk*, 1914.

same ignominy. This point has been emphasized by Westermarck in the instructive chapter on homosexuality in his great work on *Moral Ideas*.¹ He points out the significance of the fact, at the first glance apparently inexplicable, that homosexuality in the general opinion of medieval Christianity was constantly associated, even confounded, with heresy, as we see significantly illustrated by the fact that in France and England the popular designation for homosexuality is derived from the Bulgarian heretics. It was, Westermarck believes, chiefly as a heresy and out of religious zeal that homosexuality was so violently reprobated and so ferociously punished.

In modern Europe we find the strongest evidence of the presence of what may fairly be called true sexual inversion when we investigate the men of the Renaissance. The intellectual independence of those days and the influence of antiquity seem to have liberated and fully developed the impulses of those abnormal individuals who would otherwise have found no clear expression, and passed unnoticed.²

Muret, the Humanist, may perhaps be regarded as a typical example of the nature and fate of the superior invert of the Renaissance. Born in 1526 at Muret (Limousin), of poor but noble family, he was of independent, somewhat capricious character, unable to endure professors, and consequently he was mainly his own teacher, though he often sought advice from Jules-César Scaliger. Muret was universally admired in his day for his learning and his eloquence, and is still regarded not only as a great Latinist and a fine writer, but as a notable man, of high intelligence, and remarkable, moreover, for courtesy in polemics in an age when that quality was not too common. His portrait shows a somewhat coarse and rustic but intelligent face. He conquered honor and respect before he died in 1585, at the age of 59. In early life Muret wrote wanton erotic poems to women

¹ Westermarck, *Origin and Development of Moral Ideas*, vol. ii, ch. xliii.

² "Italian literature," remarks Symonds, "can show the *Rime Burlesche*, Becadelli's *Hermaphroditus*, the *Canti Carnascialeschi*, the Macaronic poems of Fidentius, and the remarkably outspoken romance entitled *Alcibiade Fanciullo a Scuola*."

which seem based on personal experience. But in 1553 we find him imprisoned in the Châtelet for sodomy and in danger of his life, so that he thought of starving himself to death. Friends, however, obtained his release and he settled in Toulouse. But the very next year he was burnt in effigy in Toulouse, as a Huguenot and sodomist, this being the result of a judicial sentence which had caused him to flee from the city and from France. Four years later he had to flee from Padua owing to a similar accusation. He had many friends but none of them protested against the charge, though they aided him to escape from the penalty. It is very doubtful whether he was a Huguenot, and whenever in his works he refers to pederasty it is with strong disapproval. But his writings reveal passionate friendship for men, and he seems to have expended little energy in combating a charge which, if false, was a shameful injustice to him. It was after fleeing into Italy and falling ill of a fever from fatigue and exposure that Muret is said to have made the famous retort (to the physician by his bedside who had said: "*Faciamus experimentum in anima vili*") : "*Vilem animam appellas pro qua Christus non dedignatus est mori.*"¹

A greater Humanist than Muret, Erasmus himself, seems as a young man, when in the Augustinian monastery of Stein, to have had a homosexual attraction to another Brother (afterward Prior) to whom he addressed many passionately affectionate letters; his affection seems, however, to have been unrequited.²

As the Renaissance developed, homosexuality seems to become more prominent among distinguished persons. Poliziano was accused of pederasty. Aretino was a pederast, as Pope Julius II seems also to have been. Ariosto wrote in his satires, no doubt too extremely:—

"Senza quel vizio son pochi umanisti."³

Tasso had a homosexual strain in his nature, but he was of

¹ The life of Muret has been well written by C. Dejob, *Marc-Antoine Muret*, 1881.

² F. M. Nichols, *Epistles of Erasmus*, vol. i, pp. 44-55.

³ Burckhardt, *Die Kultur der Renaissance*, vol. ii, *Recursus* ei.

weak and feminine constitution, sensitively emotional and physically frail.¹

It is, however, among artists, at that time and later, that homosexuality may most notably be traced. Leonardo da Vinci, whose ideals as revealed in his work are so strangely bisexual, lay under homosexual suspicion in his youth. In 1476, when he was 24 years of age, charges were made against him before the Florentine officials for the control of public morality, and were repeated, though they do not appear to have been substantiated. There is, however, some ground for supposing that Leonardo was imprisoned in his youth.² Throughout life he loved to surround himself with beautiful youths and his pupils were more remarkable for their attractive appearance than for their skill; to one at least of them he was strongly attached, while there is no record of any attachment to a woman. Freud, who has studied Leonardo with his usual subtlety, considers that his temperament was marked by "ideal homosexuality."³

Michelangelo, one of the very chief artists of the Renaissance period, we cannot now doubt, was sexually inverted. The evidence furnished by his own letters and poems, as well as the researches of numerous recent workers,—Parlagreco, Scheffler, J. A. Symonds, etc.,—may be said to have placed this beyond question.⁴ He belonged to a family of 5 brothers, 4 of whom never married, and so far as is known left no offspring; the fifth only left 1 male heir. His biographer describes Michelangelo as "a man of peculiar, not altogether healthy, nervous temperament." He was indifferent to women; only in one case, indeed, during his long life is there evidence even of friendship with a woman, while he was very sensitive to the beauty of men,

¹ F. de Gaudenzi in ch. v of his *Studio Psico-patologico sopra T. Tasso* (1899) deals fully with the poet's homosexual tendencies.

² Herbert P. Horne, *Leonardo da Vinci*, 1903, p. 12.

³ S. Freud, *Eine Kindheitserinnerung des Leonardo da Vinci*, 1910.

⁴ See Parlagreco, *Michelangelo Buonarroti*, Naples, 1888; Ludwig von Scheffler, *Michelangelo: Ein Renaissance Studie*, 1892; *Archivo di Psichiatria*, vol. xv, fasc. i, ii, p. 129; J. A. Symonds, *Life of Michelangelo*, 1893; Dr. Jur. Numa Praetorius, "Michel Angelo's Urningtum," *Jahrbuch für sexuelle Zwischenstufen*, vol. ii, 1899, pp. 254-267.

and his friendships were very tender and enthusiastic. At the same time there is no reason to suppose that he formed any physically passionate relationships with men, and even his enemies seldom or never made this accusation against him. We may probably accept the estimate of his character given by Symonds:—

Michelangelo Buonarroti was one of those exceptional, but not uncommon men who are born with sensibilities abnormally deflected from the ordinary channel. He showed no partiality for women, and a notable enthusiasm for the beauty of young men. . . . He was a man of physically frigid temperament, extremely sensitive to beauty of the male type, who habitually philosophized his emotions, and contemplated the living objects of his admiration as amiable, not only for their personal qualities, but also for their esthetical attractiveness.¹

A temperament of this kind seems to have had no significance for the men of those days; they were blind to all homosexual emotion which had no result in sodomy. Plato found such attraction a subject for sentimental metaphysics, but it was not until nearly our own time that it again became a subject of interest and study. Yet it undoubtedly had profound influence on Michelangelo's art, impelling him to find every kind of human beauty in the male form, and only a grave dignity or tenderness, divorced from every quality that is sexually desirable, in the female form. This deeply rooted abnormality is at once the key to the melancholy of Michelangelo and to the mystery of his art.

Michelangelo's contemporary, the painter Bazzi (1477-1549), seems also to have been radically inverted, and to this fact he owed his nickname Sodoma. As, however, he was married and had children, it may be that he was, as we should now say, of bisexual temperament. He was a great artist who has been dealt with unjustly, partly, perhaps, because of the prejudice of Vasari,—whose admiration for Michelangelo amounted to worship, but who is contemptuous toward Sodoma and grudging of praise,—partly because his work is little known out of Italy and

¹ J. A. Symonds, *Life of Michelangelo*, vol. ii, p. 384.

not very easy of access there. Reckless, unbalanced, and eccentric in his life, Sodoma revealed in his painting a peculiar feminine softness and warmth—which indeed we seem to see also in his portrait of himself at Monte Oliveto Maggiore—and a very marked and tender feeling for masculine, but scarcely virile, beauty.¹

Cellini was probably homosexual. He was imprisoned on a charge of unnatural vice and is himself suspiciously silent in his autobiography concerning this imprisonment.²

In the seventeenth century another notable sculptor who has been termed the Flemish Cellini, Jérôme Duquesnoy (whose still more distinguished brother François executed the Manneken Pis in Brussels), was an invert; having finally been accused of sexual relations with a youth in a chapel of the Ghent Cathedral, where he was executing a monument for the bishop, he was strangled and burned, notwithstanding that much influence, including that of the bishop, was brought to bear in his behalf.³

In more recent times Winkelmann, who was the initiator of a new Greek Renaissance and of the modern appreciation of ancient art, lies under what seems to be a well-grounded suspicion of sexual inversion. His letters to male friends are full of the most passionate expressions of love. His violent death also appears to have been due to a love-adventure with a man. The murderer was a cook, a wholly uncultivated man, a criminal who had already been condemned to death, and shortly before murdering Winkelmann for the sake of plunder he was found

¹ Sodoma's life and temperament have been studied and his pictures copiously reproduced by Elisar von Kupffer, *Jahrbuch für sexuelle Zwischenstufen*, Bd. ix, 1908, p. 71 et seq., and by R. H. Hobart Cust, *Giovanni Antonio Bazzi*.

² Cellini, *Life*, translated by J. A. Symonds, introduction, p. xxxv, and p. 448. Queringhi (*La Psiche di B. Cellini*, 1913) argues that Cellini was not homosexual.

³ See the interesting account of Duquesnoy by Eekhoud (*Jahrbuch für sexuelle Zwischenstufen*, Bd. ii, 1899), an eminent Belgian novelist who has himself been subjected to prosecution on account of the pictures of homosexuality in his novels and stories, *Escal-Vigor* and *Le Cycle Patibulaire* (see *Jahrbuch für sexuelle Zwischenstufen*, Bd. iii, 1901).

to be on very intimate terms with him.¹ It is noteworthy that sexual inversion should so often be found associated with the study of antiquity. It must not, however, be too hastily concluded that this is due to suggestion and that to abolish the study of Greek literature and art would be largely to abolish sexual inversion. What has really occurred in those recent cases that may be studied, and therefore without doubt in the older cases, is that the subject of congenital sexual inversion is attracted to the study of Greek antiquity because he finds there the explanation and the apotheosis of his own obscure impulses. Undoubtedly that study tends to develop these impulses.

While it is peculiarly easy to name men of distinguished ability who, either certainly or in all probability, have been affected by homosexual tendencies, they are not isolated manifestations. They spring out of an element of diffused homosexuality which is at least as marked in civilization as it is in savagery. It is easy to find illustrations in every country. Here it may suffice to refer to France, Germany, and England.

In France in the thirteenth century the Church was so impressed by the prevalence of homosexuality that it reasserted the death penalty for sodomy at the Councils of Paris (1212) and Rouen (1214), while we are told that even by rejecting a woman's advances (as illustrated in Marie de France's *Lai de*

¹See Justi's *Life of Winkelmann*, and also Moll's *Die Konträre Sexualempfindung*, third edition, 1899, pp. 122-126. In this work, as well as in Raffalovich's *Uranisme et Unisexualité*, as also in Moll's *Berühmte Homosexuelle* (1910) and Hirschfeld's *Die Homosexualität*, p. 850 *et seq.*, there will be found some account of many eminent men who are, on more or less reliable grounds, suspected of homosexuality. Other German writers brought forward as inverted are Platen, K. P. Moritz, and Ifland. Platen was clearly a congenital invert, who sought, however, the satisfaction of his impulses in Platonic friendship; his homosexual poems and the recently published unabridged edition of his diary render him an interesting object of study; see for a sympathetic account of him, Ludwig Frey, "Aus dem Seelenleben des Grafen Platen," *Jahrbuch für sexuelle Zwischenstufen*, vols. i and vi. Various kings and potentates have been mentioned in this connection, including the Sultan Baber; Henri III of France; Edward II, William II, James I, and William III of England, and perhaps Queen Anne and George III, Frederick the Great and his brother, Heinrich, Popes Paul II, Sixtus IV, and Julius II, Ludwig II of Bavaria, and others. Kings, indeed, seem peculiarly inclined to homosexuality.

Lanval) a man fell under suspicion as a sodomist, which was also held to involve heresy.¹ At the end of this century (about 1294) Alain de Lille was impelled to write a book, *De Planctu Naturæ*, in order to call attention to the prevalence of homosexual feeling; he also associated the neglect of women with sodomy. "Man is made woman," he writes; "he blackens the honor of his sex, the craft of magic Venus makes him of double gender"; nobly beautiful youths have "turned their hammers of love to the office of anvils," and "many kisses lie untouched on maiden lips." The result is that "the natural anvils," that is to say the neglected maidens, "bewail the absence of their hammers and are seen sadly to demand them." Alain de Lille makes himself the voice of this demand.²

A few years later, at the beginning of the fourteenth century, sodomy was still regarded as very prevalent. At that time it was especially associated with the Templars who, it has been supposed, brought it from the East. Such a supposition, however, is not required to account for the existence of homosexuality in France. Nor is it necessary, at a somewhat later period, to invoke, as is frequently done, the Italian origin of Catherine de Medici, in order to explain the prevalence of homosexual practices at her court.

Notwithstanding its prevalence, sodomy was still severely punished from time to time. Thus in 1586, Dadon, who had formerly been Rector of the University of Paris, was hanged and then burned for injuring a child through sodomy.³ In the seventeenth century, homosexuality continued, however, to flourish, and it is said that nearly all the numerous omissions made in the published editions of Tallement des Reaux's *Historiettes* refer to sodomy.⁴

How prominent homosexuality was, in the early eighteenth century in France, we learn from the frequent references to it

¹ Schultz, *Das Höfische Leben*, Bd. i, ch. xiii.

² *De Planctu Naturæ* has been translated by Douglas Moffat, *Pale Studies in English*, No. xxxvi, 1908.

³ P. de l'Estoile, *Mémoires-Journaux*, vol. ii, p. 326.

⁴ Laborde, *Le Palais Mazarin*, p. 128.

in the letters of Madame, the mother of the Regent, whose husband was himself effeminate and probably inverted.¹ For the later years of the century the evidence abounds on every hand. At this time the Bastille was performing a useful function, until recently overlooked by historians, as an *asile de sûreté* for abnormal persons whom it was considered unsafe to leave at large. Inverts whose conduct became too offensive to be tolerated were frequently placed in the Bastille which, indeed "abounded in homosexual subjects," to a greater extent than any other class of sexual perverts. Some of the affairs which led to the Bastille have a modern air. One such case on a large scale occurred in 1702, and reveals an organized system of homosexual prostitution; one of the persons involved in this affair was a handsome, well-made youth named Lebel, formerly a lackey, but passing himself off as a man of quality. Seduced at the age of 10 by a famous sodomist named Duplessis, he had since been at the disposition of a number of homosexual persons, including officers, priests, and marquises. Some of the persons involved in these affairs were burned alive; some cut their own throats; others again were set at liberty or transferred to the Bicêtre.² During the latter part of the eighteenth century, also, we find another modern homosexual practice recognized in France; the rendez-vous or center where homosexual persons could quietly meet each other.³

Inversion has always been easy to trace in Germany. Ammianus Marcellinus bears witness to its prevalence among

¹ Thus she writes in 1701 (*Correspondence*, edited by Brunet, vol. i, p. 58): "Our heroes take as their models Hercules, Theseus, Alexander, and Cæsar, who all had their male favorites. Those who give themselves up to this vice, while believing in Holy Scripture, imagine that it was only a sin when there were few people in the world, and that now the earth is populated it may be regarded as a *divertissement*. Among the common people, indeed, accusations of this kind are, so far as possible, avoided; but among persons of quality it is publicly spoken of; it is considered a fine saying that since Sodom and Gomorrah, the Lord has punished no one for such offences."

² Séricux and Libert, "La Bastille et ses Prisonniers," *L'Encephale*, September, 1911.

³ Witry, "Notes Historiques sur l'Homosexualité en France, *Revue de l'Hypnotisme*, January, 1909.

some German tribes in later Roman days.¹ In medieval times, as Schultz points out, references to sodomy in Germany were far from uncommon. Various princes of the German Imperial house, and of other princely families in the Middle Ages, were noted for their intimate friendships. At a later date, attention has frequently been called to the extreme emotional warmth which has often marked German friendship, even when there has been no suspicion of any true homosexual relationship.² The eighteenth century, in the full enjoyment of that abandonment to sentiment initiated by Rousseau, proved peculiarly favorable to the expansion of the tendency to sentimental friendship. On this basis a really inverted tendency, when it existed, could easily come to the surface and find expression. We find this well illustrated in the poet Heinrich von Kleist who seems to have been of bisexual temperament, and his feelings for the girl he wished to marry were, indeed, much cooler than those for his friend. To this friend, Ernst von Pfuël (afterward Prussian war minister), Kleist wrote in 1805 at the age of 28: "You bring the days of the Greeks back to me; I could sleep with you, dear youth, my whole soul so embraces you. When you used to bathe in the Lake of Thun I would gaze with the real feelings of a girl at your beautiful body. It would serve an artist to study from." There follows an enthusiastic account of his friend's beauty and of the Greek "idea of the love of youths," and Kleist

¹ In early Teutonic days there was little or no trace of any punishment for homosexual practices in Germany. This, according to Hermann Michaëlis, only appeared after the Church had gained power among the West Goths; in the Breviarium of Alaric II (506), the sodomist was condemned to the stake, and later, in the seventh century, by an edict of King Chindasvinds, to castration. The Frankish capitularies of Charlemagne's time adopted ecclesiastical penances. In the thirteenth and fourteenth centuries death by fire was ordained, and the punishments enacted by the German codes tended to become much more ferocious than that edicted by the Justinian code on which they were modelled.

² Raffalovich discusses German friendship, *Uranisme et Unisexualité*, pp. 157-9. See also Birnbaum, *Jahrbuch für sexuelle Zwischenstufen*, Bd. viii, p. 611; he especially illustrates this kind of friendship by the correspondence of the poets Gleim and Jacobi, who used to each other the language of lovers, which, indeed, they constantly called themselves.

concludes: "Go with me to Anspach, and let us enjoy the sweets of friendship. . . . I shall never marry; you must be wife and children to me."¹

In all social classes and in all fields of activity, Germany during the nineteenth century produced a long series of famous or notorious homosexual persons. At the one end we find people of the highest intellectual distinction, such as Alexander von Humboldt, whom Näcke, a cautious investigator, stated that he had good ground for regarding as an invert.² At the other end we find prosperous commercial and manufacturing people who leave Germany to find solace in the free and congenial homosexual atmosphere of Capri; of these F. A. Krupp, the head of the famous Essen factory, may be regarded as the type.³

In England (and the same is true today of the United States), although homosexuality has been less openly manifest and less thoroughly explored, it is doubtful whether it has been less prevalent than in Germany. At an early period, indeed, the evidence may even seem to show that it was more prevalent. In the Penitentials of the ninth and tenth centuries "natural fornication and sodomy" were frequently put together and the same penance assigned to both; it was recognized that priests and

¹ This letter may be found in Ernst Schur's *Heinrich von Kleist in seinen Briefen*, p. 295. Dr. J. Sadger has written a pathographic and psychological study of Kleist, emphasizing the homosexual strain, in the *Grenzfragen des Nerven- und Seelenlebens* series.

² Alexander's not less distinguished brother, Wilhelm von Humboldt, though not homosexual, possessed, a woman wrote to him, "the soul of a woman and the most tender feeling for womanliness I have ever found in your sex;" he himself admitted the feminine traits in his nature. Spranger (*Wilhelm von Humboldt*, p. 288) says of him that "he had that dual sexuality without which the moral summits of humanity cannot be reached."

³ Krupp caused much scandal by his life at Capri, where he was constantly surrounded by the handsome youths of the place, mandolinists and street arabs, with whom he was on familiar terms, and on whom he lavished money. H. D. Davray, a reliable eyewitness, has written "Souvenirs sur M. Krupp à Capri," *L'Européen*, 29 November, 1902. It is not, however, definitely agreed that Krupp was of fully developed homosexual temperament (see, e.g., *Jahrbuch f. sexuelle Zwischenstufen*, Bd. v, p. 1303 et seq.) An account of his life at Capri was published in the *Vorwärts*, against which Krupp finally brought a libel action; but he died immediately afterward, it is widely believed, by his own hand, and the libel action was withdrawn.

bishops, as well as laymen, might fall into this sin, though to the bishop nearly three times as much penance was assigned as to the layman. Among the Normans, everywhere, homosexuality was markedly prevalent; the spread of sodomy in France about the eleventh century is attributed to the Normans, and their coming seems to have rendered it at times almost fashionable, at all events at court. In England William Rufus was undoubtedly inverted, as later on were Edward II, James I, and, perhaps, though not in so conspicuous a degree, William III.¹

Ordericus Vitalis, who was himself half Norman and half English, says that the Normans had become very effeminate in his time, and that after the death of William the Conqueror sodomy was common both in England and Normandy. Guillaume de Nangis, in his chronicle for about 1120, speaking of the two sons of Henry and the company of young nobles who went down with them, in the *White Ship*, states that nearly all were considered to be sodomists, and Henry of Huntingdon, in his *History*, looked upon the loss of the *White Ship* as a judgment of heaven upon sodomy. Anselm, in writing to Archdeacon William to inform him concerning the recent Council at London (1102), gives advice as to how to deal with people who have committed the sin of sodomy, and instructs him not to be too harsh with those who have not realized its gravity, for hitherto "this sin has been so public that hardly anyone has blushed for it, and many, therefore, have plunged into it without realizing its gravity."² So temperate a remark by a man of such unquestionably high character is more significant of the prevalence of homosexuality than much denunciation.

In religious circles far from courts and cities, as we might expect, homosexuality was regarded with great horror, though

¹ Madame, the mother of the Regent, in her letters of 12th October, 4th November, and 13th December, 1701, repeatedly makes this assertion, and implies that it was supported by the English who at that time came over to Paris with the English Ambassador, Lord Portland. The King was very indifferent to women.

² Anselm, Epistola Ixii, in Migne's *Patrologia*, vol. clix, col. 95. John of Salisbury, in his *Polygraphes*, describes the homosexual and effeminate habits of his time.

even here we may discover evidence of its wide prevalence. Thus in the remarkable *Revelation* of the Monk of Evesham, written in English in 1196, we find that in the very worst part of Purgatory are confined an innumerable company of sodomists (including a wealthy, witty, and learned divine, a doctor of laws, personally known to the Monk), and whether these people would ever be delivered from Purgatory was a matter of doubt; of the salvation of no other sinners does the Monk of Evesham seem so dubious.

Sodomy had always been an ecclesiastical offense. The Statute of 1533 (25 Henry VIII, c. 6) made it a felony; and Pollock and Maitland consider that this "affords an almost sufficient proof that the temporal courts had not punished it, and that no one had been put to death for it, for a very long time past."¹ The temporal law has never, however, proved very successful in repressing homosexuality. At this period the Renaissance movement was reaching England, and here as elsewhere it brought with it, if not an increase, at all events a rehabilitation and often an idealization of homosexuality.²

An eminent humanist and notable pioneer in dramatic literature, Nicholas Udall, to whom is attributed *Ralph Roister Doister*, the first English comedy, stands out as unquestionably addicted to homosexual tastes, although he has left no literary evidence of this tendency. He was an early adherent of the Protestant movement, and when head-master of Eton he was noted for his love of inflicting corporal punishment on the boys. Tusser says he once received from Udall 53 stripes for "fault but small or none at all." Here there was evidently a sexual sadistic impulse, for in 1541 (the year of *Ralph Roister Doister*)

¹ Pollock and Maitland, *History of English Law*, vol. ii, p. 556.

² Coleridge in his *Table Talk* (14 May, 1833) remarked: "A man may, under certain states of the moral feeling, entertain something deserving the name of love towards a male object—an affection beyond friendship, and wholly aloof from appetite. In Elizabeth's and James's time it seems to have been almost fashionable to cherish such a feeling. Certainly the language of the two friends Musidorus and Pyrocles in the *Armadia* is such as we could not use except to women." This passage of Coleridge's is interesting as an early English recognition by a distinguished man of genius of what may be termed ideal homosexuality.

Udall was charged with unnatural crime and confessed his guilt before the Privy Council. He was dismissed from the headmastership and imprisoned, but only for a short time, "and his reputation," his modern biographer states, "was not permanently injured." He retained the vicarage of Braintree, and was much favored by Edward VI, who nominated him to a prebend of Windsor. Queen Mary was also favorable and he became headmaster of Westminster School.¹

An Elizabethan lyrical poet of high quality, whose work has had the honor of being confused with Shakespeare's, Richard Barnfield, appears to have possessed the temperament, at least, of the invert. His poems to male friends are of so impassioned a character that they aroused the protests of a very tolerant age. Very little is known of Barnfield's life. Born in 1574 he published his first poem, *The Affectionate Shepherd*, at the age of 20, while still at the University. It was issued anonymously, revealed much fresh poetic feeling and literary skill, and is addressed to a youth of whom the poet declares:—

"If it be sin to love a lovely lad,
Oh then sin I."

In his subsequent volume, *Cynthia* (1595), Barnfield disclaims any intention in the earlier poem beyond that of imitating Virgil's second eclogue. But the sonnets in this second volume are even more definitely homosexual than the earlier poem, though he goes on to tell how at last he found a lass whose beauty surpassed that

"of the swain
Whom I never could obtain."

After the age of 31 Barnfield wrote no more, but, being in easy circumstances, retired to his beautiful manor house and country estate in Shropshire, lived there for twenty years and died leaving a wife and son.² It seems probable that he was of bisexual tem-

¹ See account of Udall in the *National Dictionary of Biography*.

² *Complete Poems of Richard Barnfield*, edited with an introduction by A. B. Grosart, 1876. The poems of Barnfield were also edited

perament, and that, as not infrequently happens in such cases, the homosexual element developed early under the influence of a classical education and university associations, while the normal heterosexual element developed later and, as may happen in bisexual persons, was associated with the more commonplace and prosaic side of life. Barnfield was only a genuine poet on the homosexual side of his nature.

Greater men of that age than Barnfield may be suspected of homosexual tendencies. Marlowe, whose most powerful drama, *Edward II*, is devoted to a picture of the relations between that king and his minions, is himself suspected of homosexuality. An ignorant informer brought certain charges of freethought and criminality against him, and further accused him of asserting that they are fools who love not boys. These charges have doubtless been colored by the vulgar channel through which they passed, but it seems absolutely impossible to regard them as the inventions of a mere gallows-bird such as this informer was.¹ Moreover, Marlowe's poetic work, while it shows him by no means insensitive to the beauty of women, also reveals a special and peculiar sensitiveness to masculine beauty. Marlowe clearly had a reckless delight in all things unlawful, and it seems probable that he possessed the bisexual temperament. Shakespeare has also been discussed from this point of view. All that can be said, however, is that he addressed a long series of sonnets to a youthful male friend. These sonnets are written in lover's language of a very tender and noble order. They do not appear to imply any relationship that the writer regarded as shameful or that would be so regarded by the world. Moreover, they seem

by Arber, in the English Scholar's Library, 1883. Arber, who always felt much horror for the abnormal, argues that Barnfield's occupation with homosexual topics was merely due to a search for novelty, that it was "for the most part but an amusement and had little serious or personal in it." Those readers of Barnfield, however, who are acquainted with homosexual literature will scarcely fail to recognize a personal preoccupation in his poems. This is also the opinion of Moll in his *Berühmte Homosexuelle*.

¹ See appendix to my edition of Marlowe in the *Mermaid Series*, first edition. For a study of Marlowe's "Gaveston," regarded as "the hermaphrodite in soul," see J. A. Nicklin, *Free Review*, December, 1895.

to represent but a single episode in the life of a very sensitive, many-sided nature.¹ There is no other evidence in Shakespeare's work of homosexual instinct such as we may trace throughout Marlowe's, while there is abundant evidence of a constant preoccupation with women.

While Shakespeare thus narrowly escapes inclusion in the list of distinguished inverts, there is much better ground for the inclusion of his great contemporary, Francis Bacon. Aubrey in his laboriously compiled *Short Lives*, in which he shows a friendly and admiring attitude toward Bacon, definitely states that he was a pederast. Aubrey was only a careful gleaner of frequently authentic gossip, but a similar statement is made by Sir Simonds D'Ewes in his *Autobiography*. D'Ewes, whose family belonged to the same part of Suffolk as Bacon's sprang from, was not friendly to Bacon, but that fact will not suffice to account for his statement. He was an upright and honorable man of scholarly habits, and, moreover, a trained lawyer, who had many opportunities of obtaining first-hand information, for he had lived in the Chancery office from childhood. He is very precise as to Bacon's homosexual practices with his own servants, both before and after his fall, and even gives the name of a "very effeminate-faced youth" who was his "catamite and bedfellow"; he states, further, that there had been some question of bringing Bacon to trial for sodomy. These allegations may be supported by a letter of Bacon's own mother (printed in Spedding's *Life of Bacon*), reproving him on account of what she had heard concerning his behavior with the young Welshmen in his service whom he made his bedfellows. It is notable that Bacon seems to have been specially attracted to Welshmen (one might even find evidence of this in the life of the Welshman, Henry VII),

¹ As Raffalovich acutely points out, the twentieth sonnet, with its reference to the "one thing to my purpose nothing," is alone enough to show that Shakespeare was not a genuine invert, as then he would have found the virility of the loved object beautiful. His sonnets may fairly be compared to the *In Memoriam* of Tennyson, whom it is impossible to describe as inverted, though in his youth he cherished an ardent friendship for another youth, such as was also felt in youth by Montaigne.

a people of vivacious temperament unlike his own; this is illustrated by his long and intimate friendship with the mercurial Sir Toby Mathew, his "alter ego," a man of dissipated habits in early life, though we are not told that he was homosexual. Bacon had many friendships with men, but there is no evidence that he was ever in love or cherished any affectionate intimacy with a woman. Women play no part at all in his life. His marriage, which was childless, took place at the mature age of 46; it was effected in a business-like manner, and though he always treated his wife with formal consideration it is probable that he neglected her, and certain that he failed to secure her devotion; it is clear that toward the end of Bacon's life she formed a relationship with her gentleman usher, whom subsequently she married. Bacon's writings, it may be added, equally with his letters, show no evidence of love or attraction to women; in his *Essays* he is brief and judicial on the subject of Marriage, copious and eloquent on the subject of Friendship, while the essay on Beauty deals exclusively with masculine beauty.

During the first half of the eighteenth century we have clear evidence that homosexuality flourished in London with the features which it presents today in all large cities everywhere. There was a generally known name, "Mollies," applied to homosexual persons, evidently having reference to their frequently feminine characteristics; there were houses of private resort for them ("Molly houses"), there were special public places of rendezvous whither they went in search of adventure, exactly as there are today. A walk in Upper Moorfields was especially frequented by the homosexual about 1725. A detective employed by the police about that date gave evidence as follows at the Old Bailey: "I takes a turn that way and leans over the wall. In a little time the prisoner passes by, and looks hard at me, and at a small distance from me stands up against the wall as if he was going to make water. Then by degrees he saddles nearer and nearer to where I stood, till at last he was close to me. 'Tis a very fine night,' says he. 'Aye,' say I, 'and so it is.' Then he takes me by the hand, and after squeezing and playing with it a

little, he conveys it to his breeches," whereupon the detective seizes the man by his sexual organs and holds him until the constable comes up and effects an arrest.

At the same period, Margaret Clap, commonly called Mother Clap, kept a house in Field Lane, Holborn, which was a noted resort of the homosexual. To Mother Clap's Molly-house 30 or 40 clients would resort every night; on Sunday there might be as many as 50, for, as in Berlin and other cities today, that was the great homosexual gala night; there were beds in every room in this house. We are told that the "men would sit in one another's laps, kissing in a lewd manner and using their hands indecently. Then they would get up, dance and make curtsies, and mimic the voices of women, 'Oh, fie, sir,'—'Pray, sir,'—'Dear sir,'—'Lord, how can you serve me so?'—'I swear I'll cry out,'—'You're a wicked devil,'—'And you're a bold face,'—'Eh, ye dear little toad,'—'Come, bus.' They'd hug and play and toy and go out by couples into another room, on the same floor, to be 'married,' as they called it."

On the whole one gains the impression that homosexual practices were more prevalent in London in the eighteenth century, bearing in mind its population at that time, than they are today.¹ It must not, however, be supposed that the law was indulgent and its administration lax. The very reverse was the case. The punishment for sodomy, when completely effected, was death, and it was frequently inflicted. Homosexual intercourse, without evidence of penetration, was regarded as "attempt" and was usually punished by the pillory and a heavy fine, followed by two years' imprisonment. Moreover, it would appear that more activity was shown by the police in prosecution than is nowadays the case; this is, for instance, suggested by the evidence of the detective already quoted.

¹ A scene in Vanbrugh's *Relapse*, and the chapter (ch. li) in Smollett's *Roderick Random* describing Lord Strutwell, may also be mentioned as evidencing familiarity with inversion. "In our country," said Lord Strutwell to Rawdon, putting forward arguments familiar to modern champions of homosexuality, "it gains ground apace, and in all probability will become in a short time a more fashionable vice than simple fornication."

To keep a homosexual resort was also a severely punishable offense. Mother Clap was charged at the Old Bailey in 1726 with "keeping a sodomitical house"; she protested that she could not herself have taken part in these practices, but that availed her nothing; she could bring forward no witnesses on her behalf and was condemned to pay a fine, to stand in the pillory, and to undergo imprisonment for two years. The cases were dealt with in a matter-of-fact way which seems to bear further witness to the frequency of the offense, and with no effort to expend any specially vindictive harshness on this class of offenders. If there was the slightest doubt as to the facts, even though the balance of evidence was against the accused, he was usually acquitted, and the man who could bring witnesses to his general good character might often thereby escape. In 1721 a religious young man, married, was convicted of attempting sodomy with two young men he slept with; he was fined, placed in the pillory and imprisoned for two months. Next year a man was acquitted on a similar charge, and another man, of decent aspect, although the evidence indicated that he might have been guilty of sodomy, was only convicted of attempt, and sentenced to fine, pillory, and two years' imprisonment. In 1723, again, a schoolmaster was acquitted, on account of his good reputation, of the charge of attempt on a boy of 15, his pupil, though the evidence seemed decidedly against him. In 1730 a man was sentenced to death for sodomy effected on his young apprentice; this was a bad case and the surgeon's evidence indicated laceration of the perineum. Homosexuality of all kinds flourished, it will be seen, notwithstanding the fearless yet fair application of a very severe law.¹

In more recent times Byron has frequently been referred to as experiencing homosexual affections, and I have been informed that some of his poems nominally addressed to women were really inspired by men. It is certain that he experienced very strong emotions toward his male friends. "My school-

¹ These observations on eighteenth century homosexuality in London are chiefly based on the volumes of *Select Trials* at the Old Bailey, published in 1734.

friendships," he wrote, "were with me passions." When he afterward met one of these friends, Lord Clare, in Italy, he was painfully agitated, and could never hear the name without a beating of the heart. At the age of 22 he formed one of his strong attachments for a youth to whom he left £7000 in his will.¹ It is probable, however, that here, as well as in the case of Shakespeare, and in that of Tennyson's love for his youthful friend, Arthur Hallam, as well as of Montaigne for Etienne de la Boëtie, although such strong friendships may involve an element of sexual emotion, we have no true and definite homosexual impulse; homosexuality is merely simulated by the ardent and hyperesthetic emotions of the poet.² The same quality of the poet's emotional temperament may doubtless, also, be invoked in the case of Goethe, who is said to have written elegies which, on account of their homosexual character, still remain unpublished.

The most famous homosexual trial of recent times in England was that of Oscar Wilde, a writer whose literary reputation may be said to be still growing, not only in England but throughout the world. Wilde was the son of parents who were both of unusual ability and somewhat eccentric. Both these tendencies became in him more concentrated. He was born with, as it were, a congenital antipathy to the commonplace, a natural love of paradox, and he possessed the skill to embody the characteristic in finished literary form. At the same time, it must not be forgotten, beneath his natural attitude of paradox, his essential judgments on life and literature were usually sound and reasonable. His essay on "The Soul of Man Under Socialism" witnessed to

¹ Numa Praetorius (*Jahrbuch für sexuelle Zwischenstufen*, Bd. iv, p. 885), who has studied Byron from this point of view, considers that, though his biography has not yet been fully written on the sexual side, he was probably of bisexual temperament; Raffalovich (*Uranisme et Unisexualité*, p. 309) is of the same opinion.

² A youthful attraction of this kind in a poet is well illustrated by Dolben, who died at the age of nineteen. In addition to a passion for Greek poetry he cherished a romantic friendship of extraordinary ardor, revealed in his poems, for a slightly older schoolfellow, who was never even aware of the idolatry he aroused. Dolben's life has been written, and his poems edited, by his friend the eminent poet, Robert Bridges (*The Poems of D. M. Dolben*, edited with a Memoir by R. Bridges, 1911).

his large and enlightened conception of life, and his profound admiration for Flaubert to the sanity and solidity of his literary taste. In early life he revealed no homosexual tendencies; he married and had children. After he had begun to outgrow his youthful esthetic extravagances, however, and to acquire success and fame, he developed what was at first a simply inquisitive interest in inversion. Such inquisitive interest is sometimes the sign of an emerging homosexual impulse. It proved to be so in Wilde's case and ultimately he was found to be cultivating the acquaintance of youths of low class and doubtful character. Although this development occurred comparatively late in life, we must hesitate to describe Wilde's homosexuality as acquired. If we consider his constitution and his history, it is not difficult to suppose that homosexual germs were present in a latent form from the first, and it may quite well be that Wilde's inversion was of that kind which is now described as retarded, though still congenital.

As is usual in England, no active efforts were made to implicate Wilde in any criminal charge. It was his own action, as even he himself seems to have vaguely realized beforehand, which brought the storm about his head. He was arrested, tried, condemned, and at once there arose a general howl of execration, joined in even by the judge, whose attitude compared unfavorably with the more impartial attitude of the eighteenth century judges in similar cases. Wilde came out of prison ambitious to retrieve his reputation by the quality of his literary work. But he left Reading gaol merely to enter a larger and colder prison. He soon realized that his spirit was broken even more than his health. He drifted at last to Paris, where he shortly after died, shunned by all but a few of his friends.¹

¹ A well-informed narrative of the Oscar Wilde trial is given by Raffalovich in his *Uranisme et Unisexualité*, pp. 241-281; the full report of the trial has been published by Mason. The best life of Wilde is probably that of Arthur Ransome. Andre Gide's little volume of reminiscences, *Oscar Wilde* (also translated into English), is well worth reading. Wilde has been discussed in relation to homosexuality by Numa Praetorius (*Jahrbuch für sexuelle Zwischenstufen*, vol. iii, 1901). An instructive document, an unpublished portion of *De Pro-*

In a writer of the first order, Edward Fitzgerald, to whom we owe the immortal and highly individualized version of *Omar Khayyam*, it is easy to trace an element of homosexuality, though it appears never to have reached full and conscious development. Fitzgerald was an eccentric person who, though rich and on friendly terms with some of the most distinguished men of his time, was always out of harmony with his environment. He felt himself called on to marry, very unhappily, a woman whom he had never been in love with and with whom he had nothing in common. All his affections were for his male friends. In early life he was devoted to his friend W. K. Browne, whom he glorified in *Euphranor*. "To him Browne was at once Jonathan, Gamaliel, Apollo,—the friend, the master, the God,—there was scarcely a limit to his devotion and admiration."¹ On Browne's premature death Fitzgerald's heart was empty. In 1859 at Lowestoft, Fitzgerald, as he wrote to Mrs. Browne, "used to wander about the shore at night longing for some fellow to accost me who might give some promise of filling up a very vacant place in my heart." It was then that he met "Posh" (Joseph Fletcher), a fisherman, 6 feet tall, said to be of the best Suffolk type, both in body and character. Posh reminded Fitzgerald of his dead friend Browne; he made him captain of his lugger, and was thereafter devoted to him. Posh was, said Fitzgerald, "a man of the finest Saxon type, with a complexion *vif, mâle et flamboyant*, blue eyes, a nose less than Roman, more than Greek, and strictly auburn hair that any woman might envy. Further he was a man of simplicity, of soul, justice of thought, tenderness of nature, a gentleman of Nature's grandest type," in fact the "greatest man" Fitzgerald had ever met. Posh was not, however, quite so absolutely perfect as this description suggests, and various misunderstandings arose in consequence he-

fundis, in which Wilde sought to lay the blame for his misfortune on a friend,—his "ancient affection" for whom, he declares, been turned to "loathing, bitterness, and contempt,"—was published in the *Times*, 18th April, 1913; it clearly reveals an element of weakness of character.

¹T. Wright, *Life of Edward Fitzgerald*, vol. i, p. 158.

tween the two friends so unequal in culture and social traditions. These difficulties are reflected in some of the yet extant letters from the enormous mass which Fitzgerald addressed to "my dear Posh."¹

A great personality of recent times, widely regarded with reverence as the prophet-poet of Democracy²—Walt Whitman—has aroused discussion by his sympathetic attitude toward passionate friendship, or "manly love" as he calls it, in *Leaves of Grass*. In this book—in "Calamus," "Drumtaps," and elsewhere—Whitman celebrates a friendship in which physical contact and a kind of silent voluptuous emotion are essential elements. In order to settle the question as to the precise significance of "Calamus," J. A. Symonds wrote to Whitman, frankly posing the question. The answer (written from Camden, N. J., on August 19, 1896) is the only statement of Whitman's attitude toward homosexuality, and it is therefore desirable that it should be set on record:—

"About the questions on 'Calamus,' etc., they quite daze me. *Leaves of Grass* is only to be rightly construed by and within its own atmosphere and essential character—all its pages and pieces so coming strictly under. That the 'Calamus' part has ever allowed the possibility of such construction as mentioned is terrible. I am fain to hope that the pages themselves are not to be even mentioned for such gratuitous and quite at the time undreamed and unwished possibility of morbid inferences—which are disavowed by me and seem damnable."

It would seem from this letter³ that Whitman had never

¹ Most of these were carelessly lost or destroyed by Posh. A few have been published by James Blyth, *Edward Fitzgerald and 'Posh,'* 1908.

² It is as such that Whitman should be approached, and I would desire to protest against the tendency, now marked in many quarters, to treat him merely as an invert, and to vilify him or glorify him accordingly. However important inversion may be as a psychological key to Whitman's personality, it plays but a small part in Whitman's work, and for many who care for that work a negligible part. (I may be allowed to refer to my own essay on Whitman, in *The New Spirit*, written nearly thirty years ago.)

³ I may add that Symonds (in his book on Whitman) accepted this letter as a candid and final statement showing that Whitman was absolutely hostile to sexual inversion, that he had not even taken its

realized that there is any relationship whatever between the passionate emotion of physical contact from man to man, as he had experienced it and sung it, and the act which with other people he would regard as a crime against nature. This may be singular, for there are many inverted persons who have found satisfaction in friendships less physical and passionate than those described in *Leaves of Grass*, but Whitman was a man of concrete, emotional, instinctive temperament, lacking in analytical power, receptive to all influences, and careless of harmonizing them. He would most certainly have refused to admit that he was the subject of inverted sexuality. It remains true, however, that "manly love" occupies in his work a predominance which it would scarcely hold in the feelings of the "average man," whom Whitman wishes to honor. A normally constituted person, having assumed the very frank attitude taken up by Whitman, would be impelled to devote far more space and far more ardor to the subject of sexual relationships with women and all that is involved in maternity than is accorded to them in *Leaves of Grass*. Some of Whitman's extant letters to young men, though they do not throw definite light on this question, are of a very affectionate character,¹ and, although a man of remarkable physical vigor, he never felt inclined to marry.² It remains some-

phenomena into account, and that he had "omitted to perceive that there are inevitable points of contact between sexual inversion and his doctrine of friendship." He recalls, however, Whitman's own lines at the end of "Calamus" in the Camden edition of 1876:—

"Here my last words, and the most baffling,
Here the frailest leaves of me, and yet my strongest-lasting,
Here I shade down and hide my thoughts—I do not expose them,
And yet they expose me more than all my other poems."

¹ Whitman's letters to Peter Doyle, an uncultured young tram-conductor deeply loved by the poet, have been edited by Dr. Bucke, and published at Boston: *Calamus: A Series of Letters*, 1897.

² Whitman acknowledged, however (as in the letter to Symonds already referred to), that he had had six children; they appear to have been born in the earlier part of his life when he lived in the South. (See a chapter on Walt Whitman's children in Edward Carpenter's interesting book, *Days with Walt Whitman*, 1906.) Yet his brother George Whitman said: "I never knew Walt to fall in love with young girls, or even to show them marked attention." And Doyle, who knew him intimately during ten years of late life, said: "Women

what difficult to classify him from the sexual point of view, but we can scarcely fail to recognize the presence of a homosexual tendency.

I should add that some friends and admirers of Whitman are not prepared to accept the evidence of the letter to Symonds. I am indebted to "Q." for the following statement of the objections:—

"I think myself that it is a mistake to give much weight to this letter—perhaps a mistake to introduce it at all, since if introduced it will, of course, carry weight. And this for three or four reasons:—

"1. That it is difficult to reconcile the letter itself (with its strong tone of disapprobation) with the general 'atmosphere' of *Leaves of Grass*, the tenor of which is to leave everything open and free.

"2. That the letter is in hopeless conflict with the 'Calamus' section of poems. For, whatever moral lines Whitman may have drawn at the time of writing these poems, it seems to me quite incredible that the possibility of certain inferences, morbid or other, was undreamed of.

"3. That the letter was written only a few months before his last illness and death, and is the only expression of the kind that he appears to have given utterance to.

"4. That Symonds's letter, to which this was a reply, is not forth coming; and we consequently do not know what rash expressions it may have contained—leading Whitman (with his extreme caution) to hedge his name from possible use to justify dubious practices."

I may add that I endeavored to obtain Symonds's letter, but he was unable to produce it, nor has any copy of it been found among his papers.

It should be said that Whitman's attitude toward Symonds was marked by high regard and admiration. "A wonderful man is Adding-ton Symonds," he remarked shortly before his own death; "some ways the most indicative and penetrating and significant man of our time. Symonds is a curious fellow; I love him dearly. He is of college breed and education, horribly literary and suspicious, and enjoys things. A great fellow for delving into persons and into the concrete, and even into the physiological and the gastric, and wonderfully cute." But on this occasion he delved in vain.

in that sense never came into his head." The early heterosexual relationship seems to have been an exception in his life. With regard to the number of children I am informed that, in the opinion of a lady who knew Whitman in the South, there can be no reasonable doubt as to the existence of one child, but that when enumerating six he possibly included grandchildren.

The foregoing remarks (substantially contained in the previous editions of this book) were based mainly on the information received from J. A. Symonds's side. But of more recent years interesting light has been thrown on this remarkable letter from Walt Whitman's side. The Boswellian patience, enthusiasm, and skill which Horace Traubel has brought to his full and elaborate work, now in course of publication, *With Walt Whitman in Camden*, clearly reveal, in the course of various conversations, Whitman's attitude to Symonds's question and the state of mind which led up to this letter.

Whitman talked to Traubel much about Symonds from the twenty-seventh of April, 1888 (very soon after the date when Traubel's work begins), onward. Symonds had written to him repeatedly, it seems, concerning the "passional relations of men with men," as Whitman expressed it. "He is always driving at me about that: is that what Calamus means?—because of me or in spite of me, is that what it means? I have said no, but no does not satisfy him. [There is, however, no record from Symonds's side of any letter by Whitman to Symonds in this sense up to this date.] But read this letter—read the whole of it: it is very shrewd, very cute, in deadliest earnest: it drives me hard, almost compels me—it is urgent, persistent: he sort of stands in the road and says 'I won't move till you answer my question.' You see, this is an old letter—sixteen years old—and he is still asking the question: he refers to it in one of his latest notes. He is surely a wonderful man—a rare, cleaned-up man—a white-souled, heroic character. . . . You will be writing something about Calamus some day," said W. [to Traubel], "and this letter, and what I say, may help to clear your ideas. Calamus needs clear ideas: it may be easily, innocently distorted from its natural, its motive, body of doctrine."

The letter, dated Feb. 7, 1872, of some length, is then reproduced. It tells how much *Leaves of Grass*, and especially the Calamus section, had helped the writer. "What the love of man for man has been in the past," Symonds wrote, "I think I know. What it is here now, I know also—alas! What you say it can and should be I dimly discern in your Poems. But this hardly satisfies me—so desirous am I of learning what you teach. Some day, perhaps,—in some form, I know not what, but in your own chosen form,—you will tell me more about the Love of Friends. Till then I wait."

"Said W: 'Well, what do you think of that? Do you think that could be answered?' 'I don't see why you call that letter driving you hard. It's quiet enough—it only asks questions, and asks the questions mildly enough.' 'I suppose you are right—"drive" is not exactly the word: yet you know how I hate to be catechised. Symonds is

right, no doubt, to ask the questions: I am just as much right if I do not answer them: just as much right if I do answer them. I often say to myself about Calamus—perhaps it means more or less than what I thought myself—means different: perhaps I don't know what it all means—perhaps never did know. My first instinct about all that Symonds writes is violently reactionary—it strong and brutal for no, no, no. Then the thought intervenes that I maybe do not know all my own meanings: I say to myself: "You, too, go away, come back, study your own book—as alien or stranger, study your own book, see what it amounts to." Some time or other I will have to write to him definitely about Calamus—give him my word for it what I meant or mean it to mean."

Again, a month later (May 24, 1888), Whitman speaks to Traubel of a "beautiful letter" from Symonds. "You will see that he harps on the Calamus poems again. I don't see why it should, but his recurrence to that subject irritates me a little. I suppose you might say—why don't you shut him up by answering him? There is no logical answer to that I suppose: but I may ask in my turn: 'What right has he to ask questions anyway? W. laughed a bit. "Anyway the question comes back to me almost every time he writes. He is courteous enough about it—that is the reason I do not resent him. I suppose the whole thing will end in an answer some day."

The letter follows. The chief point in it is that the writer hopes he has not been importunate in the question he had asked about Calamus three years before.

"I [Traubel] said to W.: 'That's a humble letter enough: I don't see anything in that to get excited about. He doesn't ask you to answer the old question. In fact he rather apologizes for having asked it.' W. fired up 'Who is excited? As to that question, he does ask it again and again: asks it, asks it, asks it.' I laughed at his vehemence. 'Well, suppose he does? It does not harm. Besides, you've got nothing to hide. I think your silence might lead him to suppose there was a nigger in your wood pile.' 'Oh, nonsense! But for thirty years my enemies and friends have been asking me questions about the *Leaves*: I'm tired of not answering questions.' It was very funny to see his face when he gave a humorous twist to the fling in his last phrase. Then he relaxed and added: 'Anyway I love Symonds. Who could fail to love a man who could write such a letter? I suppose he will yet have to be answered, damn 'im!'"

It is clear that these conversations considerably diminish the force of the declaration in Whitman's letter. We see that the letter which, on the face of it, might have represented the

swift and indignant reaction of a man who, suddenly faced by the possibility that his work may be interpreted in a perverse sense, emphatically repudiates that interpretation, was really nothing of the kind. Symonds for at least eighteen years had been gently, considerably, even humbly, yet persistently, asking the same perfectly legitimate question. If the answer was really an emphatic no, it would more naturally have been made in 1872 than 1890. Moreover, in the face of this ever-recurring question, Whitman constantly speaks to his friends of his great affection for Symonds and his admiration for his intellectual cuteness, feelings that would both be singularly out of place if applied to a man who was all the time suggesting the possibility that his writings contained inferences that were "terrible," "morbid," and "damnable." Evidently, during all those years, Whitman could not decide what to reply. On the one hand he was moved by his horror of being questioned, by his caution, by his natural aversion to express approval of anything that could be called unnatural or abnormal. On the other hand, he was moved by the desire to let his work speak for itself, by his declared determination to leave everything open, and possibly by a more or less conscious sympathy with the inferences presented to him. It was not until the last years of his life, when his sexual life belonged to the past, when weakness was gaining on him, when he wished to put aside every drain on his energies, that—being constitutionally incapable of a balanced scientific statement—he chose the simplest and easiest solution of the difficulty.¹

¹ While the homosexual strain in Walt Whitman has been more or less definitely admitted by various writers, the most vigorous attempts to present the homosexual character of his personality and work are due to Eduard Bertz in Germany, and to Dr. W. C. Rivers in England. Bertz has issued three publications on Whitman: see especially his *Der Yankee-Heiland*, 1906, and *Whitman-Mysterien*, 1907. The arguments of Rivers are concisely stated in a pamphlet entitled *Walt Whitman's Anomaly* (London: George Allen, 1913). Both Bertz and Rivers emphasize the feminine traits in Whitman. An interesting independent picture of Whitman, at about the date of the letter to Symonds, accompanied by the author's excellent original photographs, is furnished by Dr. John Johnston, *A Visit to Walt Whitman*, 1898. It may be added that, probably, both the extent and the significance

Concerning another great modern writer—Paul Verlaine, the first of modern French poets—it seems possible to speak with less hesitation. A man who possessed in fullest measure the irresponsible impressionability of genius, Verlaine—as his work shows and as he himself admitted—all his life oscillated between normal and homosexual love, at one period attracted to women, at another to men. He was without doubt, it seems to me, bisexual. An early connection with another young poet, Arthur Rimbaud, terminated in a violent quarrel with his friend, and led to Verlaine's imprisonment at Mons. In after-years he gave expression to the exalted passion of this relationship—*mon grand péché radieux*—in *L'Éti et Errabundi*, published in the volume entitled *Parallèlement*; and in later poems he has told of less passionate and less sensual relationships which yet were more than friendship, for instance, in the poem, "*Mon ami, ma plus belle amitié, ma Meilleure*," in *Bonheur*.¹

In this brief glance at some of the ethnographical, historical, religious, and literary aspects of homosexual passion there is one other phenomenon which may be mentioned. This is the alleged fact that, while the phenomena exist to some extent every-

of the feminine traits in Whitman have been overestimated by some writers. Most artists and men of genius have some feminine traits; they do not prove the existence of inversion, nor does their absence disprove it. Dr. Clark Bell writes to me in reference to the little book by Dr. Rivers: "I knew Walt Whitman personally. To me Mr. Whitman was one of the most robust and virile of men, extraordinarily so. He was from my standpoint not feminine at all, but physically masculine and robust. The difficulty is that a virile and strong man who is poetic in temperament, ardent and tender, may have phases and moods of passion and emotion which are apt to be misinterpreted." A somewhat similar view, in opposition to Bertz and Rivers, has been vigorously set forth by Bazalgette (who has written a very thorough study of Whitman in French), especially in the *Mercure de France* for 1st July, 1st Oct., and 15th Nov., 1913.

¹ Lepelletier, in what may be regarded as the official biography of Verlaine (*Paul Verlaine*, 1907) seeks to minimize or explain away the homosexual aspect of the poet's life. So also Berrichon, Rimbaud's brother-in-law, *Mercure de France*, 16 July, 1911 and 1 Feb., 1912. P. Escoube, in a judicious essay (included in *Préférences*, 1913), presents a more reasonable view of this aspect of Verlaine's temperament. Even apart altogether from the evidence as to the poet's tendency to passionate friendship, there can be no appeal from the poems themselves, which clearly possess an absolute and unquestionable sincerity.

where, we seem to find a special proclivity to homosexuality (whether or not involving a greater frequency of congenital inversion is not usually clear) among certain races and in certain regions.¹ In Europe this would be best illustrated by the case of southern Italy, which in this respect is held to be distinct from northern Italy, although Italians generally are franker than men of northern race in admitting their sexual practices.² How far the supposed greater homosexuality of southern Italy may be due to Greek influence and Greek blood it is not very easy to say.

It must be remembered that, in dealing with a northern country like England, homosexual phenomena do not present themselves in the same way as they do in southern Italy today, or in ancient Greece. In Greece the homosexual impulse was recognized and idealized; a man could be an open homosexual lover, and yet, like Epaminondas, be a great and honored citizen of his country. There was no reason whatever why a man, who in mental and physical constitution was perfectly normal, should not adopt a custom that was regarded as respectable, and sometimes as even specially honorable. But it is quite otherwise

¹ Sir Richard Burton, who helped to popularize this view, regarded the phenomenon as "geographical and climatic, not racial," and held that within what he called the Sotadic Zone "the vice is popular and endemic, held at the worst to be a mere peccadillo, while the races to the north and south of the limits here defined practice it only sporadically, amid the opprobrium of their fellows, who, as a rule, are physically incapable of performing the operation, and look upon it with the liveliest disgust." He adds: "The only physical cause for the practice which suggests itself to me, and that must be owned to be purely conjectural, is that within the Sotadic Zone there is a blending of the masculine and feminine temperaments, a crisis which elsewhere only occurs sporadically" (*Arabian Nights*, 1885, vol. x, pp. 205-254). The theory of the Sotadic Zone fails to account for the custom among the Normans, Celts, Scythians, Bulgars, and Tartars, and, moreover, in various of these regions different views have prevailed at different periods. Burton was wholly unacquainted with the psychological investigations into sexual inversion which had, indeed, scarcely begun in his day.

² Spectator (*Anthropophyteia*, vol. vii, 1910), referring especially to the neighborhood of Sorrento, states that the southern Italians regard passive *pedicatio* as disgraceful, but attach little or no shame to active *pedicatio*. This indifference enables them to exploit the homosexual foreigners who are specially attracted to southern Italy in the development of a flourishing homosexual industry.

today in a country like England or the United States.¹ In these countries all our traditions and all our moral ideals, as well as the law, are energetically opposed to every manifestation of homosexual passion. It requires a very strong impetus to go against this compact social force which, on every side, constrains the individual into the paths of heterosexual love. That impetus, in a well-bred individual who leads the normal life of his fellow-men and who feels the ordinary degree of respect for the social feeling surrounding him, can only be supplied by a fundamental—usually, it is probable, inborn—perversion of the sexual instinct, rendering the individual organically abnormal. It is with this fundamental abnormality, usually called sexual inversion, that we shall here be concerned. There is no evidence to show that homosexuality in Greece was a congenital perversion, although it appears that Coelius Aurelianus affirms that in the opinion of Parmenides it was hereditary. Aristotle also, in his fragment on physical love, though treating the whole matter with indulgence, seems to have distinguished abnormal congenital homosexuality from acquired homosexual vice. Doubtless in a certain proportion of cases the impulse was organic, and it may well be that there was an organic and racial predisposition to homosexuality among the Greeks, or, at all events, the Dorians. But the state of social feeling, however it originated, induced a large proportion of the ordinary population to adopt homosexuality as a fashion, or, it may be said, the environment was peculiarly favorable to the development of latent homosexual tendencies. So that any given number of homosexual persons among the Greeks would have presented a far smaller proportion of constitutionally abnormal individuals than a like number in England. In a similar manner—though I do not regard the analogy as complete—infanticide or the exposition of children was practised in some of the early Greek States by parents who were completely healthy and normal; in England a married

¹ It is true that in the solitude of great modern cities it is possible for small homosexual coteries to form, in a certain sense, an environment of their own, favorable to their abnormality; yet this fact hardly modifies the general statement made in the text.

woman who destroys her child is in nearly every case demonstrably diseased or abnormal. For this reason I am unable to see that homosexuality in ancient Greece—while of great interest as a social and psychological problem—throws light on sexual inversion as we know it in England or the United States.

Concerning the wide prevalence of sexual inversion and of homosexual phenomena generally, there can be no manner of doubt. This question has been most fully investigated in Germany. In Berlin, Moll states that he has himself seen between 600 and 700 homosexual persons and heard of some 250 to 350 others. Hirschfeld states that he has known over 10,000 homosexual persons.

There are, I am informed, several large cafés in Berlin which are almost exclusively patronized by inverters who come here to flirt and make acquaintances; as these cafés are frequented by male street prostitutes (*Puppenjunge*) the inverter risks being blackmailed or robbed if he goes home or to a hotel with a café acquaintance. There are also a considerable number of homosexual *Kneipen*, small and unpretentious bar-rooms, which are really male brothels, the inmates being sexually normal working men and boys, out of employment or in quest of a few marks as pocket money; these places are regarded by inverters as very safe, as the proprietors insist on good order and allow no extortion, while the police, though of course aware of their existence, never interfere. Homosexual cafés for women are also found in Berlin.

There is some reason for believing that homosexuality is especially prominent in Germany and among Germans. I have elsewhere referred to the highly emotional and sentimental traits which have frequently marked German friendships. Germany is the only country in which there is a definite and well-supported movement for the defense and social rehabilitation of inverters. The study of sexual inversion began in Germany, and the scientific and literary publications dealing with homosexuality issued from the German press probably surpass in quantity and importance those issued from all other countries put together. The

homosexual tendencies of Germans outside Germany have been noted in various countries. Among my English cases I have found that a strain of German blood occurs much more frequently than we are entitled to expect; Parisian prostitutes are said to be aware of the homosexual tastes of Germans; it is significant that (as a German invert familiar with Turkey informed Näcke), at Constantinople, the procurers, who naturally supply girls as well as youths, regard Germans and Austrians as more tending to homosexuality than the foreigners from any other land. Germans usually deny, however, that there is any special German proclivity to inversion, and it would not appear that such statistics as are available (though all such statistics cannot be regarded as more than approximations) show any pronounced predominance of inversion among Germans. It is to Hirschfeld that we owe the chief attempt to gain some notion of the percentage of homosexual persons among the general population.¹ It may be said to vary in different regions and more especially in different occupations, from 1 to 10 per cent. But the average when the individuals belonging to a large number of groups are combined is generally found to be rather over 2 per cent. So that there are about a million and a half inverted persons in Germany.² This would be a minimum which can scarcely fail to be below the actual proportion, as no one can be certain that he is acquainted with the real proclivities of all the persons comprising a larger group of acquaintances.³ It is not found in the estimates which have reached Hirschfeld that the French groups show a smaller proportion of homosexual persons than the German groups, and a Japanese group comes out near

¹ See especially Hirschfeld, *Die Homosexualität*, chs. xxiv and xxv.

² Ulrichs, in his *Argonauticus*, in 1869, estimated the number as only 25,000, but admitted that this was probably a decided underestimate. Bloch (*Die Prostitution*, Bd. i, p. 792) has found reason to believe that in Cologne in the fifteenth century the percentage was nearly as high as Hirschfeld finds it today. A few years earlier Bloch had believed (*Beiträge*, part i, p. 215, 1902) that Hirschfeld's estimate of 2 per cent. was "sheer nonsense."

³ Hirschfeld mentions the case of two men, artists, one of them married, who were intimate friends for a great many years before each discovered that the other was an invert.

to the general average for the whole. Various authorities, especially Germans, believe that homosexuality is just as common in France as in Germany.¹ Saint-Paul ("Dr. Lauppts"), on the other hand, is unable to accept this view. As an army surgeon who has long served in Africa he can (as also Rebierre in his *Joyeux et demifous*), bear witness to the frequency of homosexuality among the African battalions of the French army, especially in the cavalry, less so in the infantry; in the French army generally he finds it rare, as also in the general population.² Näcke is also inclined to believe that homosexuality is rarer in Celtic lands, and in the Latin countries generally, than in Teutonic and Slavonic lands, and believes that it may be a question of race.³ The question is still undecided. It is possible that the undoubted fact that homosexuality is less conspicuous in France and the other Latin countries than in Teutonic lands, may be due not to the occurrence of a smaller proportion of congenital invert in the former lands, but mainly to general difference in temperament and in the social reaction.⁴ The French idealize and emphasize the place of women to a much greater degree than the Germans, while at the same time invert in France have much less occasion than in Germany to proclaim their legal grievances. Apart from such considerations as these it seems very doubtful whether inborn inversion is in any considerable degree rarer in France than in Germany.

As to the frequency of homosexuality in England⁵ and the

¹ See articles by Numa Praetorius and Fernan, maintaining that homosexuality is at least as frequent in France (*Sexual-Probleme*, March and December, 1909).

² Dr. Lauppts, *L'Homosexualité*, 1910, pp. 413, 420.

³ Näcke, *Zeitschrift für Sexualwissenschaft*, 1908, Heft 6.

⁴ It is a fact significant of the French attitude toward homosexuality that the psychologist, Dr. Saint-Paul, when writing a book on this subject, though in a completely normal and correct manner, thought it desirable to adopt a pseudonym.

⁵ A well-informed series of papers dealing with English homosexuality generally, and especially with London (L. Pavia, "Die männliche Homosexualität in England," *Vierteljahrsberichte des wissenschaftlich-humanitären Komitees*, 1909-1911) will be found instructive even by those who are familiar with London. And see also Hirschfeld, *Die Homosexualität*, ch. xxvi. Much information of historical nature concerning homosexuality in England will be found in Eugen Dühren (Lwan Bloch), *Das Geschlechtsleben in England*.

United States there is much evidence. In England its manifestations are well marked for those whose eyes have once been opened. The manifestations are of the same character as those in Germany, modified by social and national differences, and especially by the greater reserve, Puritanism, and prudery of England.¹ In the United States these same influences exert a still greater effect in restraining the outward manifestations of homosexuality. Hirschfeld, though so acute and experienced in the investigation of homosexuality, states that when visiting Philadelphia and Boston he could scarcely detect any evidence of homosexuality, though he was afterward assured by those acquainted with local conditions that its extension in both cities is "colossal." There have been numerous criminal cases and scandals in the United States in which homosexuality has come to the surface, and the very frequently occurring cases of transvestism or cross-dressing in the States seem to be in a large proportion associated with homosexuality.

In the opinion of some, English homosexuality has become much more conspicuous during recent years, and this is sometimes attributed to the Oscar Wilde case. No doubt, the celebrity of Oscar Wilde and the universal publicity given to the facts of the case by the newspapers may have brought conviction of their perversion to many inverters who were before only vaguely conscious of their abnormality, and, paradoxical though it may seem, have imparted greater courage to others; but it can scarcely have sufficed to increase the number of inverters. Rather, one may say, the development of urban life renders easier the exhibition and satisfaction of this as of all other forms of perversion. Regarding the proportion of inverters among the general population, it is very difficult to speak positively. The invert himself is a misleading guide because he has formed round himself a special coterie of homosexual persons, and, moreover, he is sometimes apt to overestimate the number of inverters through the mis-

¹ This is doubtless the reason why so many English inverters establish themselves outside England. Paris, Florence, Nice, Naples, Cairo, and other places, are said to swarm with homosexual Englishmen.

interpretation of small indications that are not always conclusive. The estimate of the ordinary normal person, feeling the ordinary disgust toward abnormal phenomena, is also misleading, because his homosexual acquaintances are careful not to inform him concerning their proclivities. A writer who has studied the phenomena of homosexuality is apt to be misguided in the same way as the invert himself, and to overestimate the prevalence of the perversion. Striving to put aside this source of fallacy, and only considering those individuals with whom I have been brought in contact by the ordinary circumstances of life, and with whose modes of feeling I am acquainted, I am still led to the conclusion that the proportion is considerable. Among the professional and most cultured element of the middle class in England, there must be a distinct percentage of inverts which may sometimes be as much as 5 per cent., though such estimates must always be hazardous. Among women of the same class the percentage seems to be at least double, though here the phenomena are less definite and deep-seated. This seems to be a moderate estimate for this class, which includes, however, it must be remembered, a considerable proportion of individuals who are somewhat abnormal in other respects. As we descend the scale the phenomena are doubtless less common, though when we reach the working class we come to that comparative indifference to which allusion has already been made. Taken altogether we may probably conclude that the proportion of inverts is the same as in other related and neighboring lands, that is to say, slightly over 2 per cent. That would give the homosexual population of Great Britain as somewhere about a million.

CHAPTER II.

THE STUDY OF SEXUAL INVERSION.

Westphal—Hössli—Casper—Ulrichs—Krafft-Ebing—Moll—Féré
—Kiernan—Lydston—Raffalovich—Edward Carpenter—Hirschfeld.

WESTPHAL, an eminent professor of psychiatry at Berlin, may be said to be the first to put the study of sexual inversion on an assured scientific basis. In 1870 he published, in the *Archiv für Psychiatrie*, of which he was for many years editor, the detailed history of a young woman who, from her earliest years, differed from other girls: she liked to dress as a boy, only cared for boys' games, and as she grew up was sexually attracted only to women, with whom she formed a series of tender relationships, in which the friends obtained sexual gratification by mutual caresses; while she blushed and was shy in the presence of women, more especially the girl with whom she chanced to be in love, she was always absolutely indifferent in the presence of men. Westphal—a pupil, it may be noted, of Griesinger, who had already called attention to the high character sometimes shown by subjects of this perversion—combined keen scientific insight with a rare degree of personal sympathy for those who came under his care, and it was this combination of qualities which enabled him to grasp the true nature of a case such as this, which by most medical men at that time would have been hastily dismissed as a vulgar instance of vice or insanity. Westphal perceived that this abnormality was congenital, not acquired, so that it could not be termed vice; and, while he insisted on the presence of neurotic elements, his observations showed the absence of anything that could legitimately be termed insanity. He gave to this condition the name of "contrary sexual feeling" (*konträre Sexualempfindung*), by which it was long usually known in Germany. The way was thus made clear for the rapid progress of our knowledge of this abnormality. New cases were

published in quick succession, at first exclusively in Germany, and more especially in Westphal's *Archiv*, but soon in other countries also, chiefly Italy and France.¹

While Westphal was the first to place the study of sexual inversion on a progressive footing, many persons had previously obtained glimpses into the subject. Thus, in 1791, two cases were published² of men who showed a typical emotional attraction to their own sex, though it was not quite clearly made out that the inversion was congenital. In 1836, again, a Swiss writer, Heinrich Hössli, published a rather diffuse but remarkable work, entitled *Eros*, which contained much material of a literary character bearing on this matter. He seems to have been moved to write this book by a trial which had excited considerable attention at that time. A man of good position had suddenly murdered a youth, and was executed for the crime, which, according to Hössli, was due to homosexual love and jealousy. Hössli was not a trained scholar; he was in business at Glarus as a skillful milliner, the most successful in the town. His own temperament is supposed to have been bisexual. His book was prohibited by the local authorities and at a later period the entire remaining stock was destroyed in a fire, so that its circulation was very small. It is now, however, regarded by some as the first serious attempt to deal with the problem of homosexuality since Plato's *Banquet*.³

Some years later, in 1852, Casper, the chief medicolegal authority of his time in Germany,—for it is in Germany that the foundations of the study of sexual inversion have been laid,—pointed out in Casper's *Vierteljahrsschrift* that pederasty, in a broad sense of the word, was sometimes a kind of "moral

¹ In England aberration of the sexual instinct, or the tendency of men to feminine occupations and of women to masculine occupations, had been referred to in the *Medical Times and Gazette*, February 9, 1867; Sir G. Savage first described a case of "Sexual Perversion" in the *Journal of Mental Science*, vol. xxx, October, 1884.

² Moritz, *Magazin für Erfahrungsseelenkunde*, Berlin, Bd. viii.

³ A full and interesting account of Hössli and his book is given by Karsch in the *Jahrbuch für sexuelle Zwischenstufen*, Bd. v, 1903, pp. 449-556.

hermaphroditism," due to a congenital psychic condition, and also that it by no means necessarily involved sodomy (*immissio penis in anum*). Casper brought forward a considerable amount of valuable evidence concerning these cardinal points, which he was the first to note,¹ but he failed to realize the full significance of his observations, and they had no immediate influence, though Tardieu, in 1858, admitted a congenital element in some pederasts.

The man, however, who more than anyone else brought to light the phenomena of sexual inversion had not been concerned either with the medical or the criminal aspects of the matter. Karl Heinrich Ulrichs (born in 1825 near Aurich), who for many years expounded and defended homosexual love, and whose views are said to have had some influence in drawing Westphal's attention to the matter, was a Hanoverian legal official (*Amts-assessor*), himself sexually inverted. From 1864 onward, at first under the name of "Numa Numantius" and subsequently under his own name, Ulrichs published, in various parts of Germany, a long series of works dealing with this question, and made various attempts to obtain a revision of the legal position of the sexual invert in Germany.

Although not a writer whose psychological views can carry much scientific weight, Ulrichs appears to have been a man of most brilliant ability, and his knowledge is said to have been of almost universal extent; he was not only well versed in his own special subjects of jurisprudence and theology, but in many branches of natural science, as well as in archeology; he was also regarded by many as the best Latinist of his time. In 1880

¹ "Eugen Dühren" (Iwan Bloch) remarks, however (*Neue Forschungen über den Marquis de Sade und seine Zeit*, p. 436), that de Sade in his *Aline et Valcour* seems to recognize that inversion is sometimes inborn, or at least natural, and apt to develop at a very early age, in spite of all provocations to the normal attitude. "And if this inclination were not natural," he makes Sarmiento say, "would the impression of it be received in childhood? . . . Let us study better this indulgent Nature before daring to fix her limits." Still earlier, in 1676 (as Schouten has pointed out, *Sexuel-Probleme*, January, 1910, p. 66), an Italian priest called Carretto recognized that homosexual tendencies are innate.

he left Germany and settled in Naples, and afterward at Aquila in the Abruzzi, whence he issued a Latin periodical. He died in 1895.¹ John Addington Symonds, who went to Aquila in 1891, wrote: "Ulrichs is *chrysostomos* to the last degree, sweet, noble, a true gentleman and man of genius. He must have been at one time a man of singular personal distinction, so finely cut are his features, and so grand the lines of his skull."²

For many years Ulrichs was alone in his efforts to gain scientific recognition for congenital homosexuality. He devised (with allusion to Uranos in Plato's *Symposium*) the word uranian or urning, ever since frequently used for the homosexual lover, while he called the normal heterosexual lover a dioning (from Dione). He regarded uranism, or homosexual love, as a congenital abnormality by which a female soul had become united with a male body—*anima muliebris in corpore virili inclusa*—and his theoretical speculations have formed the starting point for many similar speculations. His writings are remarkable in various respects, although, on account of the polemical warmth with which, as one pleading *pro domo*, he argued his cause, they had no marked influence on scientific thought.³

This privilege was reserved for Westphal. After he had shown the way and thrown open his journal for their publication, new cases appeared in rapid succession. In Italy, also, Ritti, Tamassia, Lombroso, and others began to study these phenomena. In 1882 Charcot and Magnan published in the *Archives de Neurologie* the first important study which appeared in France concerning sexual inversion and allied sexual perversions. They regarded sexual inversion as an episode (*syndrome*) in a more fundamental process of hereditary degeneration, and compared it with such morbid obsessions as dipsomania and

¹ For some account of Ulrichs see *Jahrbuch für sexuelle Zwischenstufen*, Bd. i, 1899, p. 36.

² Horatio Brown, *John Addington Symonds, a Biography*, vol. ii, p. 344.

³ Ulrichs scarcely went so far as to assert that both homosexual and heterosexual love are equally normal and healthy; this has, however, been argued more recently.

kleptomania. From a somewhat more medicolegal standpoint, the study of sexual inversion in France was furthered by Brouardel, and still more by Lacassagne, whose stimulating influence at Lyons has produced fruitful results in the work of many pupils.¹

Of much more importance in the history of the theory of sexual inversion was the work of Richard von Krafft-Ebing (born at Mannheim in 1840 and died at Graz in 1902), for many years professor of psychiatry at Vienna University and one of the most distinguished alienists of his time. While active in all departments of psychiatry and author of a famous textbook, from 1877 onward he took special interest in the pathology of the sexual impulse. His *Psychopathia Sexualis* contained over two hundred histories, not only of sexual inversion but of all other forms of sexual perversion. For many years it was the only book on the subject and it long remained the chief storehouse of facts. It passed through many editions and was translated into many languages (there are two translations in English), enjoying an immense and not altogether enviable vogue.

Krafft-Ebing's methods were open to some objection. His mind was not of a severely critical order. He poured out the new and ever-enlarged editions of his book with extraordinary rapidity, sometimes remodelling them. He introduced new subdivisions from time to time into his classification of sexual perversions, and, although this rather fine-spun classification has doubtless contributed to give precision to the subject and to advance its scientific study, it was at no time generally accepted. Krafft-Ebing's great service lay in the clinical enthusiasm with which he approached the study of sexual perversions. With the firm conviction that he was conquering a great neglected field of morbid psychology which rightly belongs to the physician, he

¹ Special mention may be made of *L'Inversion Sexuelle*, a copious and comprehensive, though sometimes uncritical book by Dr. J. Chevalier, published in 1893, and the *Perversion et Perversité Sexuelles* of Dr. Saint-Paul, writing under the pseudonym of "Dr. Laupps," published in 1896 and republished in an enlarged form, under the title of *L'Homosexualité et les Types Homosexuels*, in 1910.

accumulated without any false shame a vast mass of detailed histories, and his reputation induced sexually abnormal individuals in all directions to send him their autobiographies, in the desire to benefit their fellow-sufferers.

It is as a clinician, rather than as a psychologist, that we must regard Krafft-Ebing. At the outset he considered inversion to be a functional sign of degeneration, a partial manifestation of a neuropathic and psychopathic state which is in most cases hereditary. This perverse sexuality appears spontaneously with the developing sexual life, without external causes, as the individual manifestation of an abnormal modification of the *vita sexualis*, and must then be regarded as congenital; or it develops as a result of special injurious influences working on a sexuality which had at first been normal, and must then be regarded as acquired. Careful investigation of these so-called acquired cases, however, Krafft-Ebing in the end finally believed, would indicate that the predisposition consists in a latent homosexuality, or at least bisexuality, which requires for its manifestation the operation of accidental causes. In the last edition of his work Krafft-Ebing was inclined to regard inversion as being not so much a degeneration as a variation, a simple anomaly, and acknowledged that his opinion thus approximated to that which had long been held by inverters themselves.¹

At the time of his death, Krafft-Ebing, who had begun by accepting the view, at that time prevalent among alienists, that homosexuality is a sign of degeneration, thus fully adopted and set the seal of his authority on the view, already expressed alike by some scientific investigators as well as by inverters themselves, that sexual inversion is to be regarded simply as an anomaly, whatever difference of opinion there might be as to the value of the anomaly. The way was even opened for such a view as that of Freud and most of the psychoanalysts today who regard a strain of homosexuality as normal and almost

¹ Krafft-Ebing set forth his latest views in a paper read before the International Medical Congress, at Paris, in 1900 (*Comptes-rendus*, "Section de Psychiatrie," pp. 421, 462; also in contributions to the *Jahrbuch für sexuelle Zwischenstufen*, Bd. iii, 1901).

constant, with a profound significance for the psychonervous life. In 1891 Dr. Albert Moll, of Berlin, published his work, *Die konträre Sexualempfindung*, which subsequently appeared in much enlarged and revised editions. It speedily superseded all previous books as a complete statement and judicious discussion of sexual inversion. Moll was not content merely to present fresh clinical material. He attacked the problem which had now become of primary importance: the nature and causes of sexual inversion. He discussed the phenomena as a psychologist even more than as a physician, bearing in mind the broader aspects of the problem, keenly critical of accepted opinions, but judiciously cautious in the statement of conclusions. He cleared away various ancient prejudices and superstitions which even Krafft-Ebing sometimes incautiously repeated. He accepted the generally received doctrine that the sexually inverted usually belong to families in which various nervous and mental disorders prevail, but he pointed out at the same time that it is not in all cases possible to prove that we are concerned with individuals possessing a hereditary neurotic taint. He also rejected any minute classification of sexual inverts, only recognizing psychosexual hermaphroditism and homosexuality. At the same time he cast doubt on the existence of acquired homosexuality, in a strict sense, except in occasional cases, and he pointed out that even when a normal heterosexual impulse appears at puberty, and a homosexual impulse later, it may still be the former that was acquired and the latter that was inborn.

In America attention had been given to the phenomena at a fairly early period. Mention may be specially made of J. G. Kiernan and G. Frank Lydston, both of whom put forward convenient classifications of homosexual manifestations some thirty years ago.¹ More recently (1911) an American writer, under the pseudonym of Xavier Mayne, privately printed an extensive work entitled *The Intersexes: A History of Similosexualism as*

¹ Kiernan, *Detroit Lancet*, 1884, *Alienist and Neurologist*, April, 1891; Lydston, *Philadelphia Medical and Surgical Reporter*, September 7, 1889, and *Addresses and Essays*, 1892.

a Problem in Social Life, popularly written and compiled from many sources. This book, from a subjective and scarcely scientific standpoint, claims that homosexual relationships are natural, necessary, and legitimate.¹

In England the first attempts to deal seriously, from the modern point of view, with the problem of homosexuality came late, and were either published privately or abroad. In 1883 John Addington Symonds privately printed his discussion of *paiderastia* in ancient Greece, under the title of *A Problem in Greek Ethics*, and in 1889-1890 he further wrote, and in 1891 privately printed, *A Problem of Modern Ethics: Being an Enquiry into the Phenomena of Sexual Inversion*. In 1886 Sir Richard Burton added to his translation of the *Arabian Nights* a Terminal Essay on the same subject. In 1894 Edward Carpenter privately printed in Manchester a pamphlet entitled *Homogenic Love*, in which he criticised various psychiatric views of inversion at that time current, and claimed that the laws of homosexual love are the same as those of heterosexual love, urging, however, that the former possesses a special aptitude to be exalted to a higher and more spiritual level of comradeship, so fulfilling a beneficent social function. More recently (1907) Edward Carpenter published a volume of papers on homosexuality and its problems, under the title of *The Intermediate Sex*, and later (1914) a more special study of the invert in early religion and in warfare, *Intermediate Types among Primitive Folk*.

In 1896 the most comprehensive book so far written on the subject in England was published in French by Mr. André Raffalovich (in Lacassagne's *Bibliothèque de Criminologie*), *Uranisme et Unisexualité*. This book dealt chiefly with congenital inversion, publishing no new cases, but revealing a wide knowledge of the matter. Raffalovich put forward many just and sagacious reflections on the nature and treatment of inversion,

¹ A summary of the conclusion of this book, of which but few copies were printed, will be found in Hirschfeld's *Vierteljahrsberichte*, October, 1911, pp. 78-91.

and the attitude of society toward perverted sexuality. The historical portions of the book, which are of special interest, deal largely with the remarkable prevalence of inversion in England, neglected by previous investigators. Raffalovich, whose attitude is, on the whole, philosophical rather than scientific, regards congenital inversion as a large and inevitable factor in human life, but, taking the Catholic standpoint, he condemns all sexuality, either heterosexual or homosexual, and urges the invert to restrain the physical manifestations of his instinct and to aim at an ideal of chastity. On the whole, it may be said that the book is the work of a thinker who has reached his own results in his own way, and those results bear an imprint of originality and freedom from tradition.

In recent years no one has so largely contributed to place our knowledge of sexual inversion on a broad and accurate basis as Dr. Magnus Hirschfeld of Berlin, who possesses an unequalled acquaintance with the phenomena of homosexuality in all their aspects. He has studied the matter exhaustively in Germany and to some extent in other countries also; he has received the histories of a thousand inverts; he is said to have met over ten thousand homosexual persons. As editor of the *Jahrbuch für sexuelle Zwischenstufen*, which he established in 1899, and author of various important monographs—more especially on transitional psychic and physical stages between masculinity and femininity—Hirschfeld had already contributed greatly to the progress of investigation in this field before the appearance in 1914 of his great work, *Die Homosexualität des Mannes und des Weibes*. This is not only the largest but the most precise, detailed, and comprehensive—even the most condensed—work which has yet appeared on the subject. It is, indeed, an encyclopedia of homosexuality. For such a task Hirschfeld had been prepared by many years of strenuous activity as a physician, an investigator, a medicolegal expert before the courts, and his position as president of the *Wissenschaftlich-humanitäre Komitee* which is concerned with the defense of the interests of the homosexual in Germany. In Hirschfeld's book the patho-

logical conception of inversion has entirely disappeared; homosexuality is regarded as primarily a biological phenomenon of universal extension, and secondarily as a social phenomenon of serious importance. There is no attempt to invent new theories; the main value of Hirschfeld's work lies, indeed, in the constant endeavor to keep close to definite facts. It is this quality which renders the book an indispensable source for all who seek enlightened and precise information on this question.

Even the existence of such a treatise as this of Hirschfeld's is enough to show how rapidly the study of this subject has grown. A few years ago—for instance, when Dr. Paul Moreau wrote his *Aberrations du Sens Génésique*—sexual inversion was scarcely even a name. It was a loathsome and nameless vice, only to be touched with a pair of tongs, rapidly and with precautions. As it now presents itself, it is a psychological and medicolegal problem so full of interest that we need not fear to face it, and so full of grave social actuality that we are bound to face it.

CHAPTER III.

SEXUAL INVERSION IN MEN.

Relatively Undifferentiated State of the Sexual Impulse in Early Life—The Freudian View—Homosexuality in Schools—The Question of Acquired Homosexuality—Latent Inversion—Retarded Inversion—Bisexuality—The Question of the Invert's Truthfulness—Histories.

WHEN the sexual instinct first appears in early youth, it is much less specialized than normally it becomes later. Not only is it, at the outset, less definitely directed to a specific sexual end, but even the sex of its object is sometimes uncertain.¹ This has always been so well recognized that those in authority over young men have sometimes forced women upon them to avoid the risk of possible unnatural offenses.²

The institution which presents these phenomena to us in the most marked and the most important manner is, naturally, the school, in England especially the Public School. In France, where the same phenomena are noted, Tarde called attention to these relationships, "most usually Platonic in the primitive meaning of the word, which indicate a simple indecision of frontier between friendship and love, still undifferentiated in the dawn of the awakening heart," and he regretted that no one had studied them. In England we are very familiar with

¹ Thus Godard described the little boys in Cairo as amusing themselves indifferently either with boys or girls in sexual play. (*Egypte et Palestine*, 1867, p. 105.) The same thing may be observed in England and elsewhere.

² Thus, of the Duc d'Orleans, in the seventeenth century, as described in Bouchard's *Confessions*, one of my correspondents writes: "This prince was of the same mind as Campanella, who, in the *Città del Sole*, laid it down that young men ought to be freely admitted to women for the avoidance of sexual aberrations. Aretino and Berni enable us to comprehend the sexual immorality of males congregated together in the courts of Roman prelates." The homosexuality of youth was also well recognized among the Romans, but they adopted the contrary course and provided means to gratify it, as the existence of the *concubinus*, referred to by Catullus, clearly shows.

vague allusions to the vices of public schools. From time to time we read letters in the newspapers denouncing public schools as "hot-beds of vice," and one anonymous writer remarks that "some of our public schools almost provoke the punishment of the cities of the Plain."¹ But these allegations are rarely or never submitted to accurate investigation. The physicians and masters of public schools who are in a position to study the matter usually possess no psychological training, and appear to view homosexuality with too much disgust to care to pay any careful attention to it. What knowledge they possess they keep to themselves, for it is considered to be in the interests of public schools that these things should be hushed up. When anything very scandalous occurs one or two lads are expelled, to their own grave and, perhaps, life-long injury, and without benefit to those who remain, whose awakening sexual life rarely receives intelligent sympathy.

In several of the Histories which follow in this chapter, as well as in Histories contained in other volumes of these *Studies*, details will be found concerning homosexuality as it occurs in English schools, public or private. (See also the study "Auto-erotism" in vol. i.) The prevalence of homosexual and erotic phenomena in schools varies greatly at different schools and at different times in the same school, while in small private schools such phenomena may be entirely unknown. As an English schoolboy I never myself saw or heard anything of such practices, and in Germany, Professor Gurlitt (*Die Neue Generation*, January, 1909), among others, testifies to similar absence of experience during his whole school life, although there was much talk and joking among the boys over sexual things. I have added some observations by a correspondent whose experiences of English public school life are still recent:—

"In the years I was a member of a public school, I saw and heard a good deal of homosexuality, though till my last two years I did not understand its meaning. As a prefect, I discussed with other prefects the methods of checking it, and of punishing it when detected. My own observations, supported by those of others, led me to think that the fault of the usual method of dealing with homosexuality in schools is that it regards all school homosexuals as being in one class together,

¹ "Our Public Schools: their Methods and Morals." *New Review*, July. 1893.

and has only one way of dealing with them—the birch for a first offense, expulsion for a second. Now, I think we may distinguish *three* classes of school homosexuals:—

“(a) A very small number who are probably radically inverted, and who do not scruple to sacrifice young and innocent boys to their passions. These, and these only, are a real moral danger to others, and I believe them to be rare.

“(b) Boys of various ages who, having been initiated into the passive part in their young days, continue practices of an active or passive kind; but only with boys already known to be homosexuals; they draw the line at corrupting fresh victims. This class realize more or less what they are about, but cannot be called a danger to the morals of pure boys.

“(c) Young boys who, whether in the development of their own physical nature, or by the instruction of older boys of the class (a), find out the pleasures of masturbation or intercrural connection. (I never heard of a case of *pedicatio* at my school, and only once of *fellatio*, which was attempted on a quite young boy, who complained to his house master, and the offender was expelled). Boys in this class have probably little or no idea of what sexual morality means, and can hardly be accused of a *moral* offense at all.

“I submit that these three classes should receive quite different treatment. Expulsion may occasionally be necessary for class (a), but the few who belong to this class are usually too cunning to get caught. It used to be notorious at school that it was almost always the wrong people who got dropped on. I do not think a boy in the other two classes should ever be expelled, and even when expulsion is unavoidable, it should, if possible, be deferred till the end of the term, so as to make it indistinguishable from an ordinary departure. After all, there is no reason to ruin a boy's prospects because he is a little beast at sixteen; there are very few hopeless incorrigibles at that age.

“As regards the other two classes, I should begin by giving boys very much fuller enlightenment on sexual subjects than is usually done, before they go to a public school at all. Either a boy is pitchforked into the place in utter innocence and ignorance, and yields to temptations to do things which he vaguely, if at all, realizes are wrong, and that only because a puzzling sort of instinct tells him so; or else he is given just enough information to whet his curiosity, usually in the shape of warnings against certain apparently harmless bodily acts, which he not unnaturally tries out of curiosity, and finds them very pleasant. It may be undesirable that a boy should have full knowledge, at the time he goes to school, but it is more undesirable that he should go with a burning curiosity, or a total ignorance on the subject. I am

convinced that much might be done in the way of prevention if boys were told more, and allowed to be *open*. Much of the pleasure of sexual talk among boys I believe to be due to the spurious interest aroused by the fact that it is forbidden fruit, and involves risk if caught. It seems to me that frankness is far more moral than suggestion. I would not 'expurgate' school editions of great authors; the frank obscenity of parts of Shakespeare is far less immoral than the prurient prudishness which declines to print it, but numbers the lines in such a way that the boy can go home and look up the omitted passage in a complete edition, with a distinct sense of guilt, which is where the harm comes in."

It is probable that only a small proportion of homosexual boys in schools can properly be described as "vicious." A. Hoche, describing homosexuality in German schools ("Zur Frage der forensischen Beurteilung sexuellen Vergehen," *Neurologisches Centralblatt*, 1896, No. 2), and putting together communications received from various medical men regarding their own youthful experiences at school, finds relationships of the kind very common, usually between boys of different ages and school-classes. According to one observer, the feminine, or passive, part was always played by a boy of girlish form and complexion, and the relationships were somewhat like those of normal lovers, with kissing, poems, love-letters, scenes of jealousy, sometimes visits to each other in bed, but without masturbation, pederasty, or other grossly physical manifestations. From his own youthful experience Hoche records precisely similar observations, and remarks that the lovers were by no means recruited from the vicious elements in the school. (The elder scholars, of 21 or 22 years of age, formed regular sexual relationships with the servant-girls in the house.) It is probable that the homosexual relationships in English schools are, as a rule, not more vicious than those described by Hoche, but that the concealment in which they are wrapped leads to exaggeration. In the course of a discussion on this matter over thirty years ago, "Olim Etoniensis" wrote (*Journal of Education*, 1882, p. 85) that, on making a list of the vicious boys he had known at Eton, he found that "these very boys had become cabinet ministers, statesmen, officers, clergymen, country-gentlemen, etc., and that they are nearly all of them fathers of thriving families, respected and prosperous." But, as Marro has remarked, the question is not thus settled. Public distinction by no means necessarily implies any fine degree of private morality.

Sometimes the manifestations thus appearing in schools or wherever youths are congregated together are not truly homosexual, but exhibit a more or less brutal or even sadistic perversion of the immature sexual instinct. This may be illustrated by the following narrative concerning

a large London city warehouse: "A youth left my class at the age of 16½," writes a correspondent, "to take up an apprenticeship in a large wholesale firm in G—— Street. Fortunately he went on probation of three weeks before articling. He came to me at the end of the first week asking me to intercede with his mother (he had no father) not to let him return. He told me that almost nightly, and especially when new fellows came, the youths in his dormitory (eleven in number) would waylay him, hold him down, and rub his parts to the tune of some comic song or dance-music. The boy who could choose the fastest time had the privilege of performing the operation, and most had to be the victim in turn unless new boys entered, when they would sometimes be subjected to this for a week. This boy, having been brought up strictly, was shocked, dazed, and alarmed; but they stopped him from calling out, and he dared not report it. Most boys entered direct on their apprenticeship without probation, and had no chance to get out. I procured the boy's release from the place and gave the manager to understand what went on." In such a case as this it has usually happened that a strong boy of brutal and perverse instincts and some force of character initiates proceedings which the others either fall into with complacency or are too weak to resist.

Max Dessoir¹ came to the conclusion that "an undifferentiated sexual feeling is normal, on the average, during the first years of puberty,—i.e., from 13 to 15 in boys and from 12 to 14 in girls,—while in later years it must be regarded as pathological." He added very truly that in this early period the sexual emotion has not become centered in the sexual organs. This latter fact is certainly far too often forgotten by grown-up persons who suspect the idealized passion of boys and girls of a physical side which children have often no suspicion of, and would view with repulsion and horror. How far the sexual instinct may be said to be undifferentiated in early puberty as regards sex is a little doubtful. It is comparatively undifferentiated, but except in rare cases it is not absolutely undifferentiated.

We have to admit, however, that, in the opinion of the latest physiologists of sex, such as Castle, Heape, and Marshall, each sex contains the latent characters of the other or recessive sex. Each sex is latent in the other, and each, as it contains the

¹ Max Dessoir, "Zür Psychologie der Vita Sexualis," *Allgemeine Zeitschrift für Psychiatrie*, 1894, H. 5.

characters of both sexes (and can transmit those of the recessive sex) is latently hermaphrodite. A homosexual tendency may thus be regarded as simply the psychical manifestation of special characters of the recessive sex, susceptible of being evolved under changed circumstances, such as may occur near puberty, and associated with changed metabolism.¹

William James (*Principles of Psychology*, vol. ii, p. 439) considered inversion "a kind of sexual appetite of which very likely most men possess the germinal possibility." Conolly Norman (Article "Sexual Perversion," Tuke's *Dictionary of Psychological Medicine*) also stated that "the sexual passion, at its first appearance, is always indefinite, and is very easily turned in a wrong direction," and he apparently accounted for inversion by this fact, and by the precocity of neurotics. Obici and Marchesini (*Le 'Amicizie' di collegio*, p. 126) refer to the indeterminate character of the sexual feelings when they first begin to develop. A correspondent believes that sexual feelings are undifferentiated in the early years about puberty, but at the same time considers that school life is to some extent responsible; "the holidays," he adds, "are sufficiently long to counteract it, however, provided the boy has sisters and they have friends; the change from school fare and work to home naturally results in a greater surplus of nerve-force, and I think most boys 'fool about' with servants or their sisters' friends." Moll (*Konträre Sexualempfindung*, 1889, pp. 6 and 356) does not think it proved that a stage of undifferentiated sexual feeling always occurs, although we have to recognize that it is of frequent occurrence. In his later work (1909, *Das Sexualleben des Kindes*, English translation, *The Sexual Life of the Child*, ch. iv), Moll remains of the same opinion that a homosexual tendency is very frequent in normal children, whose later development is quite normal; it begins between the ages of 7 and 10 (or even at 5) and may last to 20.

In recent years Freud has accepted and developed the conception of the homosexual strain as normal in early life. Thus, in 1905, in his "Bruchstück einer Hysterie-Analyse" (reprinted in the second series of *Sammlung Kleiner Schriften zur Neurosenlehre*, 1909), Freud regards it as a well-known fact that boys and girls at puberty normally show plain signs of the existence of a homosexual tendency. Under favorable circumstances this tendency is overcome, but when a happy heterosexual love is not established it remains liable to reappear under the influence of an appropriate stimulus. In the neurotic these homo-

¹ F. H. A. Marshall, *The Physiology of Reproduction*, 1910, pp. 650-8.

sexual germs are more highly developed. "I have never carried through any psychoanalysis of a man or a woman," Freud states, "without discovering a very significant homosexual tendency." Ferenczi, again (*Jahrbuch für Psychoanalytische Forschungen*, Bd. iii, 1911, p. 119), without reference to any physical basis of the impulse, accepts "the psychic capacity of the child to direct his originally objectless eroticism to one or both sexes," and terms this disposition *ambisexuality*. The normality of a homosexual element in early life may be said to be accepted by most psychoanalysts, even of the schools that are separated from Freud. Stekel would go farther, and regards various psychic sexual anomalies as signs of a concealed bisexual tendency; psychic impotence, the admiration of men for masculine women and of women for feminine men, various forms of feticism,—they are all masks of homosexuality (Stekel, *Zentralblatt für Psychoanalyse*, vol. ii, April, 1912).

These schoolboy affections and passions arise, to a large extent, spontaneously, with the evolution of the sexual emotions, though the method of manifestation may be a matter of example or suggestion. As the sexual emotions become stronger, and as the lad leaves school or college to mix with men and women in the world, the instinct usually turns into the normal channel, in which channel the instincts of the majority of boys have been directed from the earliest appearance of puberty, if not earlier. But a certain proportion remain insensitive to the influence of women, and these may be regarded as true sexual inverts. Some of them are probably individuals of somewhat undeveloped sexual instincts. The members of this group are of some interest psychologically, although from the comparative quiescence of their sexual emotions they have received little attention. The following communication which I have received from a well-accredited source is noteworthy from this point of view:—

"The following facts may possibly be of interest to you, though my statement of them is necessarily general and vague. I happen to know intimately three cases of men whose affections have chiefly been directed exclusively to persons of their own sex. The first, having practised masturbation as a boy, and then for some ten years ceased to practise it (to such an extent that he even inhibited his erotic dreams), has since recurred to it deliberately (at about fortnightly intervals) as a substitute for copulation, for which he has never felt the least desire. But

occasionally, when sleeping with a male friend, he has emissions in the act of embracing. The second is constantly and to an abnormal extent (I should say) troubled with erotic dreams and emissions, and takes drugs, by doctor's advice, to reduce this activity. He has recently developed a sexual interest in women, but for ethical and other reasons does not copulate with them. Of the third I can say little, as he has not talked to me on the subject; but I know that he has never had intercourse with women, and has always had a natural and instinctive repulsion to the idea. In all these, I imagine, the physical impulse of sex is less imperative than in the average man. The emotional impulse, on the other hand, is very strong. It has given birth to friendships of which I find no adequate description anywhere but in the dialogues of Plato; and, beyond a certain feeling of strangeness at the gradual discovery of a temperament apparently different to that of most men, it has provoked no kind of self-reproach or shame. On the contrary, the feeling has been rather one of elation in the consciousness of a capacity of affection which appears to be finer and more spiritual than that which commonly subsists between persons of different sexes. These men are all of intellectual capacity above the average; and one is actively engaged in the world, where he is both respected for his capacity and admired for his character. I mention this particularly, because it appears to be the habit, in books upon this subject, to regard the relation in question as pathological, and to select cases where those who are concerned in it are tormented with shame and remorse. In the cases to which I am referring nothing of the kind subsists.

"In all these cases a physical sexual attraction is recognized as the basis of the relation, but as a matter of feeling, and partly also of theory, the ascetic ideal is adopted.

"These are the only cases with which I am personally and intimately acquainted. But no one can have passed through a public-school and college life without constantly observing indications of the phenomenon in question. It is clear to me that in a large number of instances there is no fixed line between what is called distinctively 'friendship' and love; and it is probably the influence of custom and public opinion that in most cases finally specializes the physical passion in the direction of the opposite sex."

The classification of the varieties of homosexuality is a matter of difficulty, and no classification is very fundamental. The early attempts of Krafft-Ebing and others at elaborate classification are no longer acceptable. Even the most elementary groupings become doubtful when we have definitely to fit our cases into them. The old distinction between congenital and acquired

homosexuality has ceased to possess significance. When we have recognized that there is a tendency for homosexuality to arise in persons of usually normal tendency who are placed under conditions (as on board ship or in prison) where the exercise of normal sexuality is impossible, there is little further classification to be achieved along this line.¹ We have gone as far as is necessary by admitting a general undefined homosexuality,—a relationship of unspecified nature to persons of the same sex,—in addition to the more specific sexual inversion.²

It may now be said to be recognized by all authorities, even by Freud who emphasizes a special psychological mechanism by which homosexuality may become established, that a congenital predisposition as well as an acquired tendency is necessary to constitute true inversion, apparent exceptions being too few to carry much weight. Krafft-Ebing, Näcke, Iwan Bloch, who at one time believed in the possibility of acquired inversion, all finally abandoned that view, and even Schrenck-Notzing, a vigorous champion of the doctrine of acquired inversion twenty years ago, admits the necessity of a favoring predisposition, an admission which renders the distinction between innate and acquired an unimportant, if not a merely verbal, distinction.³ Supposing, indeed, that we are prepared to admit that true inversion may be purely acquired the decision in any particular case must be extremely difficult, and I have found very few cases which, even with imperfect knowledge, could fairly so be termed.

¹ Iwan Bloch, in *The Sexual Life of Our Time*, makes this distinction as between "homosexuality" (corresponding to inversion) and "pseudohomosexuality." According to the terminology I have accepted, the term "pseudohomosexuality" would be unnecessary and incorrect. More recently (*Die Prostitution*, Bd. i, 1912, p. 103) Bloch has preferred, in place of pseudohomosexuality, the more satisfactory term, "secondary homosexuality."

² See, for instance, Hirschfeld's reasonable discussion of the matter, *Die Homosexualität*, ch. xvii.

³ Alfred Fuchs, who edited Krafft-Ebing's *Psychopathia Sexualis* after the latter's death, distinguishes between congenital homosexuality, manifesting itself from the first without external stimulation, and homosexuality on a basis of inborn disposition needing special external influences to arouse it (*Jahrbuch für sexuelle Zwischenstufen*, Bd. iv, 1902, p. 181).

Even the cases (to which Schopenhauer long since referred) in which inversion is only established late in life, are no longer regarded as constituting a difficulty in accepting the doctrine of the congenital nature of inversion; in such cases the inversion is merely retarded. The conception of retarded inversion,—that is to say a latent congenital inversion becoming manifest at a late period in life,—was first brought forward by Thoinot in 1898 in his *Attentats aux Mœurs*, in order to supersede the unsatisfactory conception, as he considered it to be, of acquired inversion. Thoinot regarded retarded inversion as relatively rare and of no great importance but more accessible to therapeutic measures. Three years later, Krafft-Ebing, toward the close of his life, adopted the same conception; the cases to which he applied it were all, he considered, of bisexual disposition and usually, also, marked by sexual hyperesthesia. This way of looking at the matter was speedily championed by Nücke and may now be said to be widely accepted.¹

Moll, earlier than Thoinot, had pointed out that it is difficult to believe that homosexuality in late life can ever be produced without at least some inborn weakness of the heterosexual impulse, and that we must not deny the possibility of heredity even when homosexuality appears at the age of 50 or 60.²

Moll believes it is very doubtful whether heterosexual satiety alone can ever suffice to produce homosexuality. Nücke was careful to set aside the cases, to which much significance was once attached, in which old men with failing sexual powers, or younger men exhausted by heterosexual debauchery, are attracted to boys. In such cases, which include the majority of those appearing late, Nücke regarded the in-

¹ Krafft-Ebing, "Ueber tardive Homosexualität," *Jahrbuch für sexuelle Zwischenstufen*, Bd. iii, 1901, p. 7; Nücke, "Probleme auf den Gebiete der Homosexualität," *Allgemeine Zeitschrift für Psychiatrie*, 1902, p. 805; *ib.*, "Ueber tardive Homosexualität," *Sexual-Probleme*, September, 1911. Numa Praetorius (*Jahrbuch für sexuelle Zwischenstufen*, January, 1913, p. 226) considers that retarded cases should not be regarded as bisexual, but as genuine inverts who had acquired a pseudoheterosexuality which at last falls away; at the most, he believes such cases merely represent a prolongation of the youthful undifferentiated period.

² Moll, *Untersuchungen über die Libido Sexualis*, 1897, pp. 458-8.

version as merely spurious, the *faute de mieux* of persons no longer apt for normal sexual activity.

Such cases no doubt need more careful psychological study than they usually receive. Féré once investigated a case of this kind in which a healthy young man (though with slightly neurotic heredity on one side) practised sexual intercourse excessively between the ages of 20 and 23—often impelled more by *amour propre* (or what Adler would term the “masculine protest” of the organically inferior) than sexual desire—and then suddenly became impotent, at the same time losing all desire, but without any other loss of health. Six months later potency slowly returned, though never to the same extent, and he married. At the age of 35 symptoms of locomotor ataxia began to appear, and some years later he again became impotent, but without losing sexual desire. Suddenly one day, on sitting in close contact with a young man at a *table d'hôte*, he experienced a violent erection; he afterward found that the same thing occurred with other young men, and, though he had no psychic desire for men, he was constrained to seek such contact, and a repugnance for women and their sexuality arose. Five months later a complete paraplegic impotence set in; and then both the homosexual tendency and the aversion to women disappeared. (Féré, *L'Instinct Sexuel*, p. 184.) In such a case, under the influence of disease, excessive stimulation seems to result in more or less complete sexual anesthesia, just as temporarily we may be more or less blinded by excess of light; and functional power reasserts itself under the influence of a different and normally much weaker stimulus.

Leppmann, who has studied the homosexual manifestations of previously normal old men toward boys (“Greisenalter und Kriminalität,” *Zeitschrift für Psychotherapie*, Bd. i, Heft 4, 1909), considers the chief factor to be a flaring up of the sexual impulse in a perverted direction in an early stage of morbid cerebral disturbance, not amounting to insanity and not involving complete irresponsibility. In such cases, Leppmann believes, the subject may, through his lack of power, be brought back to the beginning of his sexual life and to the perhaps unconsciously homosexual attractions of that age.

With the recognition that homosexuality in youth may be due to an as yet undifferentiated sexual impulse, homosexuality in mature age to a retarded development on a congenital basis, and homosexuality in old age to a return to the attitude of youth, the area of spurious or “pseudo” homosexuality seems to me to be very much restricted. Most, perhaps all, authorities still accept the reality of this spurious homo-

sexuality in heterosexual persons. But they enter into no details concerning it, and they bring forward no minutely observed cases in which it occurred. Hirschfeld, in discussing the diagnosis of homosexuality and seeking to distinguish genuine from spurious inverts,¹ enumerates three classes of the latter: (1) those who practise homosexuality for purposes of gain, more especially male prostitutes and blackmailers; (2) persons who, from motives of pity, good nature, friendship, etc., allow themselves to be the objects of homosexual desire; (3) normal persons who, when excluded from the society of the opposite sex, as in schools, barracks, on board ship, or in prison, have sexual relations with persons of their own sex. Now Hirschfeld clearly realizes that the mere sexual act is no proof of the direction of the sexual impulse; it may be rendered possible by mechanical irritation (as by the stimulation of a full bladder) and in women without any stimulation at all; such cases can have little psychological significance. Moreover, he seems to admit that some subdivisions of his first class are true inverts. He further mentions that some 75 per cent. of the individuals included in these classes are between 15 and 25 years of age, that is to say, that they have scarcely emerged from the period when we have reason to believe that, in a large number of individuals at all events, the sexual impulse is not yet definitely differentiated; so that neither its homosexual nor its heterosexual tendencies can properly be regarded as spurious.

If, indeed, we really accept the very reasonable view, that the basis of the sexual life is bisexual, although its direction may be definitely fixed in a heterosexual or homosexual direction at a very early period in life, it becomes difficult to see how we can any longer speak with certainty of a definitely spurious class of homosexual persons. Everyone of Hirschfeld's three classes may well contain a majority of genuinely homosexual or bisexual persons. The prostitutes and even the blackmailers are certainly genuine inverts in very many cases. Those persons, again, who allow themselves to be the recipients of homosexual attentions

¹Hirschfeld, *Die Homosexualität*, ch. viii.

may well possess traces of homosexual feeling, and are undoubtedly in very many cases lacking in vigorous heterosexual impulse. Finally, the persons who turn to their own sex when forcibly excluded from the society of the opposite sex, can by no means be assumed, without question, to be normal heterosexual persons. It is only a small proportion of heterosexual persons who experience these impulses under such conditions. There are always others who under the same conditions remain emotionally attracted to the opposite sex and sexually indifferent to their own sex. There is evidently a difference, and that difference may most reasonably be supposed to be in the existence of a trace of homosexual feeling which is called into activity under the abnormal conditions, and subsides when the stronger heterosexual impulse can again be gratified.

The real distinction would seem, therefore, to be between a homosexual impulse so strong that it subsists even in the presence of the heterosexual object, and a homosexual impulse so weak that it is eclipsed by the presence of the heterosexual object. We could not, however, properly speak of the latter as any more "spurious" or "pseudo" than the former. A heterosexual person who experiences a homosexual impulse in the absence of any homosexual disposition is not today easy to accept. We can certainly accept the possibility of a mechanical or other non-sexual stimulus leading to a sexual act contrary to the individual's disposition. But usually it is somewhat difficult to prove, and when proved it has little psychological significance or importance. We may expect, therefore, to find "pseudohomosexuality," or spurious homosexuality, playing a dwindling part in classification.

The simplest of all possible classifications, and that which I adopted in the earlier editions of the present *Study*, merely seeks to distinguish between those who, not being exclusively attracted to the opposite sex, are exclusively attracted to the same sex, and those who are attracted to both sexes. The first are the homosexual, whether or not the attraction springs from genuine inversion. The second are the bisexual, or, as they were

formerly more often termed, following Krafft-Ebing, psychosexual hermaphrodites.¹ There would thus seem to be a broad and simple grouping of all sexually functioning persons into three comprehensive divisions: the heterosexual, the bisexual, and the homosexual.

Even this elementary classification seems however of no great practical use. The bisexual group is found to introduce uncertainty and doubt. Not only a large proportion of persons who may fairly be considered normally heterosexual have at some time in their lives experienced a feeling which may be termed sexual toward individuals of their own sex, but a very large proportion of persons who are definitely and markedly homosexual are found to have experienced sexual attraction toward, and have had relationships with, persons of the opposite sex. The social pressure, urging all persons into the normal sexual channel, suffices to develop such slight germs of heterosexuality as homosexual persons may possess, and so to render them bisexual. In the majority of adult bisexual persons it would seem that the homosexual tendency is stronger and more organic than the heterosexual tendency. Bisexuality would thus in a large number of cases be comparable to ambidexterity, which Biervliet has found to occur most usually in people who are organically left-handed.² While therefore the division into heterosexual, bisexual, and homosexual is a useful superficial division, it is scarcely a scientific classification.

In the face of these various considerations, and in view of the fact that, while I feel justified in regarding the histories of my cases as reliable so far as they go, I have not been always

¹ This was the term used in the earlier editions of the present *Study*. I willingly reject it in favor of the simpler and fairly clear term now more generally employed. It is true that by bisexuality it is possible to understand not only the double direction of the sexual instinct, but also the presence of both sexes in the same individual, which in French is more accurately distinguished as "bisexuation."

² J. Van Biervliet, "L'Homme Droit et l'Homme Gauche," *Revue Philosophique*, October, 1901. It is here shown that in the constitution of their nervous system the ambidextrous are demonstrably left-sided persons; their optic, acoustic, olfactory, and muscular sensitivity is preponderant on the left side.

able to explore them extensively, it has seemed best to me to attempt no classification at all.

The order in which the following histories appear is not, therefore, to be regarded as possessing any significance.

It may be proper, at this point, to say a few words as to the reliability of the statements furnished by homosexual persons. This has sometimes been called in question. Many years ago we used to be told that inverters are such lying and deceitful degenerates that it was impossible to place reliance on anything they said. It was also usual to say that when they wrote autobiographical accounts of themselves they merely sought to mold them in the fashion of those published by Krafft-Ebing. More recently the psychoanalysts have made a more radical attack on all histories not obtained by their own methods as being quite unreliable, even when put forth in good faith, in part because the subject withholds much that he either regards as too trivial or too unpleasant to bring forward, and in part because he cannot draw on that unconscious field within himself wherein, it is held, the most significant facts in his own sexual history are concealed. Thus Sadger ("Ueber den Wert der Autobiographien Sexuell Perverser," *Fortschritte der Medizin*, nos. 26-28, 1913) vigorously puts forward this view and asserts that the autobiographies of inverters are worthless, although his assertions are somewhat discounted by the fact that they accompany an autobiography, written in the usual manner, to which he attributes much value.

The objection to homosexual autobiographic statements dates from a period when the homosexual were very little known, and it was supposed that their moral character generally was fairly represented by a small section among them which attracted more attention than the rest by reason of discreditable conduct. But, in reality, as we now know, there are all sorts of people, with all varieties of moral character, to be found among inverters, just as among normal people. Sadger (*Archiv für Kriminalanthropologie*, 1913, p. 199) complains of the "great insincerity of inverters in not acknowledging their inversion;" but, as Sadger himself admits, we cannot be surprised at this so long as inversion is counted a crime. The most normal persons, under similar conditions, would be similarly insincere. If the homosexual differ in any respect, under this aspect, from the heterosexual, it is by exhibiting a more frequent tendency to be slightly neuropathic, nervously sensitive, and femininely emotional. These tendencies, while on the one hand they are liable to induce a very easily detectable vanity, may also lead to an unusual self-subordination to veracity. On the whole, it may be said, in my own experience, that the best

histories written by the homosexual compare favorably for frankness, intelligence, and power of self-analysis with those written by the heterosexual.

The ancient allegation that inverters have written their own histories on the model, or under the suggestion, of those published in Krafft-Ebing's *Psychopathia Sexualis* can scarcely have much force now that the published histories are so extremely varied and numerous that they cannot possibly produce any uniform impression on the most sensitively receptive mind. As a matter of fact, there is no doubt that inverters have frequently been stimulated to set down the narrative of their own experiences through reading those written by others. But the stimulation has, as often as not, lain in the fact that their own experiences have seemed different, not that they have seemed identical. The histories that they read only serve as models in the sense that they indicate the points on which information is desired. I have often been able to verify this influence, which would in any case seem to be fairly obvious.

Psychoanalysis is, in theory, an ideal method of exploring many psychic conditions, such as hysteria and obsessions, which are obscure and largely concealed beneath the psychic surface. In most homosexual cases the main facts are, with the patient's good-will and the investigator's tact, not difficult to ascertain. Any difficulties which psychoanalysis may help to elucidate mainly concern the early history of the case in childhood, and, regarding these, psychoanalysis may sometimes raise questions which it cannot definitely settle. Psychoanalysis reveals an immense mass of small details, any of which may or may not possess significance, and in determining which are significant the individuality of the psychoanalyst cannot fail to come into play. He will necessarily tend to arrange them according to a system. If, for instance, he regards infantile incestuous emotions or early Narcissism as an essential feature of the mechanism of homosexuality, a conscientious investigator will not rest until he has discovered traces of them, as he very probably will. (See, e.g., Sadger, "Fragment der Psychoanalyse eines Homosexuellen," *Jahrbuch für sexuelle Zwischenstufen*, Bd. ix, 1908; and cf. Hirschfeld, *Die Homosexualität*, p. 164). But the exact weight and significance of these traces may still be doubtful, and, even if considerable in one case, may be inconsiderable in another. Freud, who sets forth one type of homosexual mechanism, admits that there may be others. Moreover, it must be added that the psychoanalytic method by no means excludes unconscious deception by the subject, as Freud found, and so was compelled to admit the patient's tendency to "fantasy," as Adler has to "fictions," as a fundamental psychic tendency of the "unconscious."

The force of these considerations is now beginning to be generally recognized. Thus Moll (art. "Homosexualität," in 4th ed. of Eulenburg's *Realencyclopädie der gesamten Heilkunde*, 1909, p. 611) rightly says that while the invert may occasionally embroider his story, "the expert can usually distinguish between the truth and the poetry, though it is unnecessary to add that complete confidence on the patient's part is necessary." Nücke, again (*Sexual-Probleme*, September, 1911, p. 619), after quoting with approval the remark of one of the chief German authorities, Dr. Numa Praetorius, that "a great number of inverts' histories are at the least as trustworthy as the attempts of psychoanalysts, especially when they come from persons skillful in self-analysis," adds that "even Freudian analysis gives no absolute guarantee for truth. A healthy skepticism is justifiable—but not an unhealthy skepticism!" Hirschfeld, also (*Die Homosexualität*, p. 164), whose knowledge of such histories is unrivalled, remarks that while we may now and then meet with a case of *pseudologia fantastica* in connection with psychic debility on the basis of a psychopathic constitution, "taken all in all any generalized assertion of the falsehood of inverts is an empty fiction, and is merely a sign that the physicians who make it have not been able to win the trust of the men and women who consult them." My own experience has fully convinced me of the truth of this statement. I am assured that many of the inverts I have met not only possess a rare power of intellectual self-analysis (stimulated by the constant and inevitable contrast between their own feelings and those of the world around them), but an unsparing sincerity in that self-analysis not so very often attained by normal people.

The histories which follow have been obtained in various ways, and are of varying degrees of value. Some are of persons whom I have known very well for very long periods, and concerning whom I can speak very positively. A few are from complete strangers whose good faith, however, I judge from internal evidence that I am able to accept. Two or three were written by persons who—though educated, in one case a journalist—had never heard of inversion, and imagined that their own homosexual feelings were absolutely unique in the world. A fair number were written by persons whom I do not myself know, but who are well known to others in whose judgment I feel confidence. Perhaps the largest number are concerned with individuals who wrote to me spontaneously in the first place, and whom I have at intervals seen or heard from since, in some cases during a very long period, so that I have slowly been able to fill in their histories, although the narratives, as finally completed, may have the air of being written down at a single sitting. I have not admitted any

narrative which I do not feel that I am entitled to regard as a substantially accurate statement of the facts, although allowance must occasionally be made for the emotional coloring of these facts, the invert sometimes cherishing too high an opinion, and sometimes too low an opinion, of his own personality.

HISTORY I.—Both parents healthy; father of unusually fine *physique*. He is himself a manual worker and also of exceptionally fine *physique*. He is, however, of nervous temperament. He is mentally bright, though not highly educated, a keen sportsman, and in general a good example of an all-around healthy Englishman.

While very affectionate, his sexual desires are not strongly developed on the physical side, and seem never to have been so. He sometimes masturbated about the age of puberty, but never afterward. He does not appear to have well-marked erotic dreams. There used to be some attraction toward women, though it was never strong. At the age of 26 he was seduced by a woman and had connection with her once. Afterward he had reason to think she had played him false in various ways. This induced the strongest antipathy, not only to this woman, but to all marriageable women. A year after this episode homosexual feeling first became clear and defined. He is now 33, and feels the same antipathy to women; he hates even to speak of marriage.

There has only been one really strong attraction, toward a man of about the same age, but of different social class, and somewhat a contrast to him, both physically and mentally. So far as the physical act is concerned this relationship is not definitely sexual, but it is of the most intimate possible kind, and the absence of the physical act is probably largely due to circumstances. At the same time there is no conscious desire for the act for its own sake, and the existing harmony and satisfaction are described as very complete. There is no repulsion to the physical side, and he regards the whole relationship as quite natural.

HISTORY II.—B. O., English, aged 35, missionary abroad. A brother is more definitely inverted. B. O. has never had any definitely homosexual relationships, although he has always been devoted to boys; nor has he had any relationships with women. "As regards women," he says, "I feel I have not the patience to try and understand them; they are petulant and changeable," etc. He objects to being called "abnormal," and thinks that people like himself are "extremely common."

"I have never wanted to kiss boys," he writes, "nor to handle them in any way except to put my arm around them at their studies and at other similar times. Of course, with really little boys, it is different, but boys and girls under 14 seem to me much alike, and I can love either equally well. As to any sort of sexual connection between

myself and one of my own sex, I cannot think of it otherwise than with disgust. I can imagine great pleasure in having connection with a woman, but their natures do not attract me. Indeed, my liking for my own sex seems to consist almost entirely in a preference for the masculine character, and the feeling that as an object to *look at* the male body is really more beautiful than the female. When any strong temptations to sexual passion come over me in my waking moments, it is of women I think. On the other hand, I have to confess that after being with some lad I love for an hour or two, I have sometimes felt my sexual organs roused. But only once in my life have I experienced a strong desire to sleep in the same bed with a particular lad, and even then no idea of doing anything entered my mind. Needless to say, I did not sleep with him.

"I never feel tempted by any girls here, although I see so many with their bodies freely exposed, and plenty of them have really pretty faces. Neither do I feel tempted to do anything improper with any of the boys, although I frequently sit talking with one who has very little on. But I find the constant sight of well-shaped bare limbs has a curious effect on the mind and comes before one's imagination as a picture at unlooked-for times. But the most curious thing of all is this: There are several lads here of whom I am very fond. Now when they are near me I think of them with only the purest and most tender feelings, but sometimes at night when I am half asleep, or when I am taking my midday siesta, my imagination pictures one of these lads approaching a girl, or actually lying with her, and the strange thing is that I do not feel any desire myself to approach the girl, but I feel I wish I were in *her* place and the lad was coming to *me*. In my calm, waking moments it disgusts and rather horrifies me to find myself apparently so unsexed—yet such is the fact, and the experience, with only slight changes, repeats itself over and over again. It is not that I, as a man, wish even in imagination to act improperly with a boy, but I feel I would like to be in the girl's place, and the strange thing is that in all these dreams and imaginings I can always apparently enter into the feelings of the woman better than into those of the man. Sometimes I fancy for a moment that perhaps reincarnation is true and I was a woman in my last life. Sometimes I fancy that when I was in the womb I was formed as a girl and the sexual organs changed just at the last moment. It is a curious problem. Don't think I worry about it. Only at long intervals do I think of it. . . . The thing has its bright side. Boys and men seem to have tender feelings toward me, such as one expects them to have for members of the opposite sex, and I get into all the closer contact with them in consequence."

HISTORY III.—F. R., English, aged 50. Belongs on both sides to healthy, normal families, of more than average ability. Father was 35 at birth, and mother 27. He is the second of four children. There was a considerable interval between the births of the children, which were spread over twenty-one years. All are normal, except F. R., two of them married and with families.

Owing to the difference of age between the children, F. R. (who was three years younger than his elder brother, and more than four years older than his sister, the third child) had no male companionship and was constantly alone with his mother. "Being naturally imitative," he remarks, "I think I acquired her tastes and interests and habits of thought. However that may be, I feel sure that my interests and amusements were more girlish than boyish. By way of illustration, I may mention that I have often been told by a friend of my mother's that, on one occasion, I was wanting a new hat, and none being found of a size to fit me, I congratulated myself that I should therefore be obliged to have a *bonnet*! As regards my feminine tastes and instincts, I have always been conscious of taking interest in questions of family relationships, etiquette, dress (women's as much as, or more than, men's) and other things of that kind, which, as a rule, were treated with indifference or contempt. In the house I take more notice than my sister does of the servants' deficiencies and neglects, and am much more orderly in my arrangements than she is."

There is nothing markedly feminine in the general appearance. Pubertal development took place at an early age, long before fourteen, with nocturnal emissions, but without erotic dreams. The testicles are well developed, the penis perhaps rather below the average in size, and the prepuce long and narrow. Erection occurs with much facility, especially at night. When young he knew nothing of masturbation, but he began the habit about ten years ago, and has practised it occasionally ever since.

Although he likes the society of women to a certain extent, he soon grows tired of it, and has never had any desire to marry. His sexual dreams never have any relation to women. "I am generally doing or saying something," he remarks, "to some man whom I know when awake, something which I admit I might wish to do or say if it were not quite out of the question on grounds of propriety and self-respect."

He has, however, never had any intimate relationships with men, and much that he has heard of such relationships fills him with horror.

"What I feel about myself is," he writes, "that I have to a certain extent, or in some respects, a feminine mind in a male body; or, I might put it that I am a combination of an immoral (in tendency, rather

than in act) woman and a religious man. From time to time I have felt strong affection for young men, but I cannot flatter myself that my affection has been reciprocated. At the present time there is a young fellow (23 years old) who acts as my clerk and sits in my room. He is extremely good-looking, and of a type which is generally considered 'aristocratic,' but so far as I (or he) know, he is quite of the lower middle class. He has little to recommend him but a fine face and figure, and there is nothing approaching to mental or social equality between us. But I constantly feel the strongest desire to treat him as a man might a young girl he warmly loved. Various obvious considerations keep me from more than quasi-paternal caresses, and I feel sure he would resent very strongly anything more. This constant repression is trying beyond measure to the nerves, and I often feel quite ill from that cause. Having had no experiences of my own, I am always anxious to learn anything I can of the sexual relations of other men, and their organs, but I have no curiosity whatever concerning the other sex. My chief pleasure and source of gratification is found in the opportunities afforded by Turkish and other baths; wherever, in fact, there is the nude male to be found. But I seldom find in these places anyone who seems to have the same tendency as myself, and certainly I have not met with more than two cases among the attendants, who responded to my hinted desire to see everything. Under a shampooer, particularly an unfamiliar one, I occasionally experience an orgasm, but less often now than when I was younger."

F. R. is very short-sighted. His favorite color is blue. He is able to whistle. His tastes are chiefly of a literary character, and he has never had any liking for sports. "I have been generally considered ineffective in the use of my hands," he writes, "and I am certainly not skillful. All I have ever been able to do in that way is to net and do the simpler forms of needlework; but it seems more natural to me to do, or try to do, everything of that sort, and to play on the piano, rather than to shoot or play games. I may add that I am fonder of babies than many women, and am generally considered to be surprisingly capable of holding them! Certainly I enjoy doing so. As a youth, I used to act in charades; but I was too shy to do so unless I was dressed as a woman and veiled; and when I took a woman's part I *felt* less like *acting* than I have done in *propria persona*. A remark made by an uncle once rather annoyed me: that it seemed more like nature than art. But he was quite right."

HISTORY IV.—Of Lowland Scotch parentage. Both sides of house healthy and without cerebral or nervous disease. Homosexual desires began at puberty. He practised onanism to a limited extent at school and up to the age of about 22. His erotic dreams are exclusively about

males. While very friendly and intimate with women of all ages, he is instantly repelled by any display of sexual affection on their side. This has happened in varying degree in three or four cases. With regard to marriage, he remarks: "As there seems no immediate danger of the race dying out, I leave marriage to those who like it." His male ideal has varied to some extent. It has for some years tended toward a healthy, well-developed, athletic or out-of-door working type, intelligent and sympathetic, but not specially intellectual.

At school his sexual relations were of the simplest type. Since then there have been none. "This," he says, "is not due either to absence of desire or presence of 'morals.' To put it shortly, 'there were never the time and the place and the loved one together.' In another view, physical desire and the general affection have not always coexisted toward the same person; and the former without the latter is comparatively transient; while the latter stops the gratification of the former, if it is felt that that gratification could in any way make the object of affection unhappy, mentally or emotionally."

He is healthy and fairly well developed; of sensitive, emotional nature, but self-controlled; mentally he is receptive and aggressive by turns, sometimes uncritical, sometimes analytical. His temper is equable, and he is strongly affectionate. Very fond of music and other arts, but not highly imaginative.

Of sexual inversion in the abstract he says he has no views, but he thus sums up his moral attitude: "I presume that, if it is there, it is there for use or abuse, as men please. I condemn gratification of bodily desire at the expense of others, in whatever form it may take. I condemn it no more in its inverted form than in the ordinary. I believe that affection between persons of the same sex, even when it includes the sexual passion and its indulgences, may lead to results as splendid as human nature can ever attain to. In short, I place it on an absolute equality with love as ordinarily understood."

HISTORY V.—S. W., aged 64, English, musical journalist. The communication which follows (somewhat abbreviated) was written before S. W. had heard or read anything about sexual inversion, and when he still believed that his own case was absolutely unique.

"I am the son of a clergyman, and lived for the first thirteen years of my life in the country town where I was born. Then my father became the vicar of a country village, where I lived until I went out into the world at the age of 18. As during the whole of this time my father had a few pupils, I was educated with them, and never went to school. I was born, I fancy, with sexual passions about as strong as can well be imagined, and at the same time was very precocious in my entry into the stage of puberty. Semen began to form

a little before my twelfth birthday; hair soon followed, and in a year I was in that respect the equal of an average boy of 15 or 16. I conversed freely with my companions on the relations of the sexes, but, unlike them, had no personal feeling toward girls. In time I became conscious that I was different, as I then believed, and believe now, from all other men. My sexual organs were quite perfect. But in the frame of a man I had the sexual mind of a female. I distinctly disclaim the faintest inclination to perform unnatural acts; the idea of committing sodomy would be *most disgusting*.

"To come to my actual condition of mind: While totally indifferent to the person of woman (I always enjoyed their friendship and companionship, and many of my best friends have been ladies), I had a burning desire to have carnal intercourse with a male, and had the capacity for falling in love, as it is called, to the utmost extent. In imagination, I possessed the female organ, and felt toward man exactly as an amorous female would. At the time when I became fully conscious of my condition, I attached little importance to it; I had not a notion of its terrible import, nor of the future misery it would entail. All that I had to learn by bitter experience.

"I did once think of forcing myself to have connection with a prostitute in order to see whether the actual sensual enjoyment might bring a change, and so have the power to marry. But when it came to thinking over ways and means, my repugnance to the act became so strong that it was quite out of the question. In the case of any male to whom I became attached, I wanted to feel ourselves together, skin to skin, and to be privileged to take such liberties as an amorous female would take if that were all permitted. I sought no purely sensual gratification of any kind; my love was far too genuine for that.

"During the rather more than half a century which has elapsed since my twelfth birthday, I have been genuinely in love about thirteen times. I despair attempting to give an idea of the depth and reality of my feelings. I have alluded to my precocity. I was in love when 12 years old, the object being a man of 24, a well-known analytical chemist. He came to my father's house very frequently; and my heart beat almost at the mention of his name.

"The next serious time I was about 15. It was a farmer's son, about two years older. I don't think that I was ever alone with him, and really only knew him as a member of his family, yet for a time he was my chief interest in life.

"When 21 I had a 'chum,' a youth of 17, who entertained for me, at any rate, a brotherly affection. We were under the same roof, and early one summer morning he got out of bed and came direct to my room to talk about some matter or other. In order to talk more com

fortably he got into bed with me and we lay there just as two school-girls might have done. This proximity was more than I could stand, and my heart began to beat so that it was impossible that he should not notice it. As, of course, he could not have the slightest notion of the reason, he said in all innocence, 'Why, how your heart beats. I can hear it quite plainly.'

"So far my details are purely innocent. Up to 18, familiarities passed at intervals between me and the son of the village doctor, a youth about two years older than myself, and precociously immoral. I did not really care for him much, but he was my chief companion. Then I became a school-assistant, and for about six years managed to control myself, only, alas, to fall again. Another resolution I kept for eight years, one long fight with my nature. Again I sinned in three instances, extending over three or four years. I now come to a very painful and eventful episode in my unhappy life which I would gladly pass over were it possible. It was a case, in middle life, of sin, discovery, and great folly in addition.

"Before going into details, so far as may be necessary, I cannot help asking you to consider calmly and dispassionately my exact condition compared with that of my fellow-creatures as a whole. In my struggles to resist in the past, I have at times felt as if wrestling in the folds of a python. I again sinned, then, with a youth and his friend. Oddly enough, discovery followed through a man who was actuated by a feeling of revenge for a strictly right act on my part. The lads refused to state more than the truth, and this did not satisfy the man, and a *third* lad was introduced, who was prepared to say anything. This was not all; some twelve or fifteen more boys made similar accusations! The general belief, in consequence, was that I had committed 'nameless' crimes in all directions, *ad lib*. If you were to ask me for an explanation of the action of all these boys beyond the *third*, who, of course, had some special inducements, I can offer none. They may have thought that the original trio were regarded rather in the light of *heroes*; why should *they* not be heroes, too?

"I might well feel crushed under such a load of accusations, but that does not excuse the incredible folly of my conduct. I denied alike the modicum of truth and the mass of lying, and went off to America. However, as time passed on and my mind got into a proper state, I felt that the truth must be told some time or other. I accordingly wrote from America to the proper quarter a full confession of my sin with regard to the two youths who had told merely the truth, at the same time pointing out the falsehood of all the rest of the accusations.

"I remained in America six years, and actually made money, so that I could return to England with a small capital. I was also under a

promise to my three sisters (all older than myself) that I would return in their lifetime. My programme was to purchase a small, light business in London, and quietly earn my living; at the same time making my presence known to no one. I *did* buy such a business, got swindled in the most clever way, and lost every farthing I possessed in the world! I had to make my plight known to old friends who all either gave or lent me money. Still my position was a very precarious one. I tried an insurance agency, one of the last resources of the educated destitute, but soon found out that I was unfitted for work in which *impudence* is a prime factor. Then an extraordinary stroke of good fortune took place; almost simultaneously I began to get a few music pupils, and literary work in connection with a good musical journal.

"Making my presence known to old friends involved the same information to those who were *not* friends. My identity as a journalist became known, and as time passed by it seemed to me as if half the world had heard of my alleged iniquities. People who have never set eyes on me seem to regard me in the light of a monster of iniquity who ought not to be suffered to exist. All these outsiders believe that I have committed 'nameless' offenses times innumerable and lift up their hands in speechless horror at the audacity of a man who, so situated, dares to appear openly in public, under his own name, and look people in the face. They have not even the brains to see that this very fearlessness proves the fictitious character of their beliefs. Next, they believe that if only they could get my dismissal from my journalistic post I should be brought to starvation point. This up to a year ago was true. Then an old relative died and left me some property which I sold to invest in an annuity, and thus have just enough to live on quietly, apart from what I may earn. Under such strange conditions it might be asked whether life was not unendurable. Frankly speaking, I cannot say that I find it so. I have in London a few bachelor friends who go with me to theaters, etc. In the suburbs I have about half a dozen family friends. Here I meet with pleasant society and a hearty welcome. I am passionately fond of music, have an excellent piano, and can hear the best concerts in Europe. I go to all good plays. I am a good chess player. Lastly, I am an omnivorous reader. You will allow that my resources for passing the time are not limited.

"Of course, I am sorry that I sinned, and wish that I had not done so. But I disclaim any feeling of shame."

S. W. was the youngest of four children and the only boy. His father was 40 at his birth, his mother 33. The father was an intellectual man of weak character, the mother a woman of violent and eccentric temper, with, he believes, strong sexual passions. S. W. knows of nothing in the family to account for his own abnormal condition.

He is short (five feet five inches), but well built, with strong chest and a powerful voice. His arms are weak and flabby (feminine, he thinks), but the legs muscular. As a boy of 14 he could walk forty miles with ease, and he played football till near the age of 45. He is considered manly in character and tastes, but is easily moved to tears under strong excitement. There is no information as to the type of man to whom he is attracted. I may observe, however, that the analytical chemist who first evoked S. W.'s admiration was well known to me some thirty years later, as he was my own teacher in chemistry. At that time he was an elderly man of attractive appearance and character, sympathetic and winning in manner to an almost feminine extent.

S. W. has never felt the slightest sexual attraction toward the opposite sex. The first indications of inverted feeling were at the age of 6 or 7. Watching his father's pupils, boys of 13 or 14, from the windows, he speculated on what their organs of generation were like. "In connection with a girl," he writes, "I should no more have thought of such a thing than in the case of a block of marble." About this time, indeed, he at times slept with a sister of 10, who induced him to go through the form of sexual connection, saying that it felt "so funny;" but he merely did this to please her, and without the slightest interest or feeling on his own part. This attitude became more marked with increased knowledge, until he fell ardently in love at the age of 12. Throughout life he has practised masturbation to a certain extent, and is prepared to defend the practice in his own case. His erotic dreams have been of only the vaguest and most shadowy character. He is able to whistle. He takes a warm interest in politics and in philanthropic work. But his chief love is for music and he has published many musical compositions. On the whole, and notwithstanding the persecution he has endured, he does not regard his life as unhappy. At the same time he is keenly conscious of the atmosphere of "Pariahdom" which surrounds inverts, and in his own case this has never been alleviated by any sense of companionship in misery. The facility with which some inverts are said to recognize others of their own kind is quite incomprehensible to him; he has never to his knowledge met one.

HISTORY VI.—E. S., physician, aged 50.

"I have some reason," he writes, "for believing that some of my relatives (on the paternal side) were not normal in their sexual life. But I am sure that no such suspicion was entertained by their friends or associates; they were very reticent people. A great proportion of my near relatives have remained unmarried or deferred marriage until late in life. None of them have been good business men; all seem to have been more deeply concerned in other things than in making—or in keeping—money. They have mostly taken little or no share in pub-

lic life, and not cared much for society. Yet they have been folk of more than average ability, with intellectual and æsthetic interests. We are prone to enthusiasms, but lack perseverance. We are discursive and superficial, perhaps, but none would call us stupid. We are perhaps abnormally self-centered and self-conscious—never cruel or vicious. Our powers of self-control are considerable; we are conventional people only because we are lazy and intensely dislike any open self-assertion. Yet we are nervous rather than phlegmatic. All that is on the father's side. My maternal ancestors have been concerned with farming and the sea and have also had a similar lack of business capacity, but with less mental adaptiveness and alertness, with more steadiness of purpose, however, always doers rather than dreamers. Among them I remember one cousin who was probably abnormal, although he died when I was too young to notice much. Again, they were all rather reserved people, but more genial with strangers, more socially inclined, and with less self-control.

"I was an only child and a spoilt one. I was always quick at school, fond of learning, and finding my lessons no trouble. Serious study I disliked. But for school purposes I did not find it necessary, and had no difficulty in carrying all before me. I was never fond of games, although very fond of being out of doors and of walking. Few of my relatives have been at all keen on sport. I made no close friendships at school and was never very popular with my schoolfellows, who, however, tolerated my odd ways better than might have been expected. I was easily brought to appreciate good literature, but I never had much power of expression or of strenuous thought. I was extremely susceptible and impressible, moved by beauty of any kind, but never at all ambitious or in any way creative. I was easily stimulated to work, and then loved to work; but, unless the stimulus were maintained the natural indolence of my disposition asserted itself, and I wasted my powers in dreams and trifles. My memory was very quick and retentive, in the main, but curiously capricious. I always lacked initiative and decision. At college my successes were continued. I gained medals and prizes, passed my examinations easily, and graduated 'with first-class honors.' In my professional lifework I have been successful rather beyond the average. I love it with all my heart.

"I cannot speak with any confidence about the first stirrings of my sexual instincts, but I think I can assert that they have at no time led me to any desire for the opposite sex. It is true that my earliest recollection of the kind is concerned with intimacies with a girl play-fellow, but as we had at the time reached only the mature age of 7 (at the most) I fancy that our mutual exhibitions—for there was nothing more—simply satisfied our natural curiosity. Certainly these

memories are, in my mind, in no way set apart from the recollections of other kinds of play. Next to that I remember the usual schoolboy talk about things hidden and forbidden, but up till I was 12 or so this was simply dirty talk, concerned more with renal and intestinal functions than with any sexual feelings or understanding. One boy was known to us all (and of my not inconsiderable circle of early friends, all grew up to be normal people, who married and had children in due course) for the unusual size of his parts and for the freedom with which he invited and satisfied the curiosity of his friends. He must have been precocious, for he could not have been more than 12, and I remember to have heard that he had a thick growth of pubic hair. Even then, although I know that my curiosity—to put it at that only—was active, I never allowed myself to have any dealings with him; and I think I should have discouraged them had they been suggested to me. That is the odd thing about my life: the things I longed intensely to do I would not let myself do, not from any religious or moral scruple, but from some inexplicable fastidiousness or scrupulosity which is yet as active as ever, although I am sure that it would not be able to hold its own could these favorable conditions be repeated, but would be overcome by the imperious and fully grown desires which, by long repression, or by unsatisfactory diversion, have grown to be so strong. Indeed, given the opportunity, and the assurance that no first seduction or corruption of anyone was in question, they would prove quite irrepressible.

“Certainly, long before puberty—which was early with me—I remember being greatly attracted to certain boys, and wishing to have an opportunity of sleeping with them. Had I been able to do so, I am sure I should have been impelled to get into as close contact with their naked body as possible, and I do not think I should then have craved for anything more. I knew some boys—perhaps a little older—who even then had relations, which were certainly not innocent, with a girl who was a year or two older than any of us. She once kissed me, to my intense shame. But I felt that these relations would have been unspeakably disgusting and I took no particular interest in hearing about them. I remember being fondled and caressed by a very good-looking boy of 16 when I was three or four years younger and had sustained some hurt at play; and I am still able to recall the thrill of delight that I experienced at his touch. Nothing took place that all the world might not have seen, but I remember being taken between his knees as he sat, and his arms being put around my neck, and the warm, soft pressure of his thighs had an unspeakable effect on me.

“About this time, too, an older boy, perhaps about 18, used to get hold of smaller boys when on country walks, to throw them down

and then look at and toy with their genitals. He was himself a handsome boy, and I was greatly excited when told about this by boys who had experienced it, and wished greatly to have it done to me. It never was; and if it had been attempted I know I should have resisted with all my strength, although my desires would have set me aflame. This boy died before he was 20, with a psoas abscess, and I remember crying myself to sleep the night I learned of his death. Another boy, about three years older than myself, who had very silky hair, I used to be attracted by and I was always trying to stroke his hair, but he always objected.

"I must have been about 12 when I first was taught to masturbate by a cousin who was slightly older. At first I thought it silly, but I used to watch him at it, and practised it myself from time to time until I became old enough to experience the proper sensation. Then I have reason to think I gave myself up to it rather freely, but it was generally done in solitude, although it was long before I realized that there was anything wrong about it or that it might prove hurtful. Looking back now, I feel perfectly certain that my instincts were wholly homosexual from the very first. This cousin, who possessed notable intellectual and artistic gifts, married, but I feel sure his liking for his own sex was not normal.

"With another cousin, almost years my junior, I was always on terms of the most affectionate intimacy. My holidays at his parents' house were my greatest delight. We were always together by night or day; we slept in the same bed, literally in each other's arms. To me it afforded the keenest sexual pleasure to press close to his naked body. We used mutually to handle and caress our parts, but without any attempt at mutual masturbation, although at that period I regularly practised it on myself. I asked him once about it, but he had not been taught it by others; and to my great pride and satisfaction I can say that I never either did it to him or asked him to do it to me. This I mention as an instance of my restraint in act, although my thoughts and desires knew no such curb. I remember also an elder brother of his, perhaps three or four years my senior, once showing me (then about 12, I suppose) his semierect penis. He would not allow me to touch it, but showed me how to draw back the foreskin so as to uncover the glans. His penis was large, and the incident was not forgotten. We had no other relation and I know that both he and my own friend grew up to be quite normal men.

"I think I must have been about 17 when I got frightened about the occurrence of nocturnal emissions, which I believed were the evil result of masturbation, and for two or three years I continued in considerable mental distress until, when in my second or third year at

college, I summoned up courage enough to consult our good old family doctor, who reassured me, but made, I now think, too light of my confidences, so that I relapsed the more readily, although much later on, into old habits.

"From our windows at home we looked over a bit of common or down to the beach, and I used to keep watch on warm summer afternoons over boys who might be bathing, to observe them through our telescope. All this I kept strictly secret and I was never surprised. I might just as well, and without arousing the slightest suspicion of my motive, have walked down to the beach and seen them and chatted with them; but this I could not have brought myself to do. It gave me considerable sexual satisfaction when I was able to see them bathing without pants. I also used to watch them at play on the common, and felt rewarded when I saw, as I not infrequently did, sexual familiarities taking place. These violently excited me and sometimes brought on orgasm, always erection with pleasure. Indeed, it was an experience of this kind that made me return to masturbation after I had given it up for a while. I remember one day seeing two lads of about 16 lying on the grass in the sunshine; all at once the bigger lad put out his hand and tried to open his companion's trousers. He resisted with all his might, and a long struggle ensued, ending in the smaller lad having his penis exposed and manipulated by the other. Even at this day the recollection of this excites me. Both lads grew up to be normal men.

"Twice only have I been approached by grown-up people. When I was about 13 I used to meet often, when going to school by train, an old gentleman who courted me, as it were, used often to talk to me and asked me to come to see his well-known scientific collections, but I always had a vague distrust of him and never went. One day in the summer during a spare hour I met him in an empty room in the museum, where there were usually very few visitors at that time of day, and where large show-cases gave concealment. He came up to me and told me he had been away in the country, and that, when making his way home through hedges and thorny bushes, some of the thorns got stuck amongst his clothes and were still giving him uneasiness. 'I would be very grateful,' he said, 'if you would put your hand down and try if you can feel any thorns sticking in my underflannels and pull them out.' He then unbuttoned his braces on one side, undid his trousers and made me thrust my hand over his groin and lower abdomen. I avoided touching his genitals, but he pushed my hand down in that direction until, burning with shame, I made my escape and ran off, not stopping until I was safe in school. I scarcely understood it, but never spoke of it, and avoided him ever

afterward. I learned later on that he was a well-off bachelor who took a great interest in working lads and young men and did much to help them on in life and keep them, so it was said, from falling into bad company. He died at a great age and left most of his fortune to an institution for lads, as well as large legacies to youths in whom he had been interested.

"The other time was on top of a tramcar when a grown-up man who was near pressed as close to me as he could, began to talk, praised my dark eyes, then put his hand on my thigh under my loose cloak and felt up toward my parts. At the same time he took hold of my hand, caressed it and put it over his parts (it was in the dusk). This excited me and, if we had not been at our destination, I think I would gladly have permitted further familiarities. He tried to ask me where I lived, but there was no time to answer, and the female relative who was with me (on another seat) would no doubt have prevented this from having any further sequel.

"On more than one occasion I have experienced the sexual orgasm as the result of mental anxiety. The first time this occurred was when I was hurrying to avoid being late for school. Another time was when I was about 24, and was extremely anxious to fill an appointment for which I was late. So copious was the emission that I had to go home and change.

"As a medical student, the first reference bearing definitely on the subject of sexual inversion was made in the class of Medical Jurisprudence, where certain sexual crimes were alluded to—very summarily and inadequately—but nothing was said of the existence of sexual inversion as the 'normal' condition of certain unhappy people, nor was any distinction drawn between the various non-normal acts, which were all classed together as manifestations of the criminal depravity of ordinary or insane people. To a student beginning to be acutely conscious that his sexual nature differed profoundly from that of his fellows, nothing could be more perplexing and disturbing, and it shut me up more completely in my reserve than ever. I felt that this teaching must be based on some radical error or prejudice or misapprehension, for I knew from my own very clear remembrance of my own development that my peculiarity was not acquired, but inborn; my great misfortune undoubtedly, but not my fault.

"It was still more unfortunate that in the course of the lectures on Clinical Medicine there was not the slightest allusion to the subject. All sorts of rare diseases—some of which I have not yet met with in the course of twenty-one years of a busy practice—were fully discussed, but we were left entirely ignorant of a subject so vitally important to me personally, and, as it seems to me, to the profession to which

I aspired. There might have been an incidental reference to masturbation—although I do not remember it—but its real significance received no attention; and what we students knew of it was the result of our reading or of our personal experiences.

"In the class of Mental Disease there was, naturally, more detailed and systematic reference to facts in the sexual life and to sexual inversion as a rare pathological condition. But still there was not a comforting word to reassure me, growing ever more hopelessly ashamed of what it seemed was a criminal or a gravely morbid nature.

"Among all my fellow-students I knew of no one constituted like myself; but my natural reserve—increased, of course, by my consciousness of what I saw would be thought to be a criminal tendency—did not urge me to exchange of confidences or to the formation of close friendships.

"After graduation I became a resident medical officer in the hospital and private assistant to one of the professors—a physician and teacher of worldwide reputation. With him I associated on the most cordial and affectionate terms; and often in the course of conversation I tried to bring him to discuss the subject, but without success. It was obviously unpleasant and uninteresting to him. Enough was said, however, to enable me to realize that he held the current ideas on the subject; and I would not for worlds have allowed him to guess that I myself came under the despised and tainted category.

"I have seldom heard sexual inversion discussed among my professional friends. They speak of it with disgust or amusement. I have never met a professional man who would consider it dispassionately and scientifically. For them it was a subject entirely belonging to psychological medicine.

"I have had no admitted case of it among my patients; but I have often instinctively felt that some who consulted me about other matters would have taken me into their confidence about that, but for their fear of being cruelly misunderstood.

"As to my moral attitude I fear to speak. Grossness disgusts me; but I am not sure that I should be able to resist temptation placed in my way. But I am absolutely sure that I should never, under any circumstances, tempt others to any disgraceful act. If I ever committed any sexual act with one of my own sex whom I loved, I could not look at it or approach it in any other than a sacramental way. This sounds blasphemous and shocking, but I cannot otherwise express my meaning.

"As regards the marriage of invert, my own feeling is that for a congenital invert—no matter how fully the situation be explained beforehand—it is a step fraught with too great possibilities of tragedy and of the deepest unhappiness, to be advised at all. My

view is that for the invert, far more than for the ordinary person, there is no escape from the supreme necessity of self-control in any relationship he may form. If that be attained then the ideal is a relationship with another man of similar temperament—not a platonic one, necessarily—by means of which the highest happiness of both may be reached. But this can occur *very* seldom.

"To poetry and the fine arts I am very susceptible, and I have given a great deal of time to this study. I am devoted heart and soul to music, which is more and more to me every year I live. Trivial or light music I cannot endure, but of Beethoven, Bach, Händel, Schumann, Schubert, Brahms, Tschaiikowsky, and Wagner I should never hear enough. Here, too, my sympathies are very catholic, and I delight in McDowell, Debussy, Richard Strauss, and Hugo Wolf."

HISTORY VII.—"My parentage is very sound and healthy. Both my parents (who belong to the professional middle class) have good general health; nor can I trace any marked abnormal or diseased tendency, of mind or body, in any records of the family.

"Though of a strongly nervous temperament myself, and sensitive, my health is good. I am not aware of any tendency to physical disease. In early manhood, however, owing, I believe, to the great emotional tension under which I lived, my nervous system was a good deal shattered and exhausted. Mentally and morally my nature is pretty well balanced, and I have never had any serious perturbations in these departments.

"At the age of 8 or 9, and long before distinct sexual feelings declared themselves, I felt a friendly attraction toward my own sex, and this developed after the age of puberty into a passionate sense of love, which, however, never found any expression for itself till I was fully 20 years of age. I was a day-boarder at school and heard little of school-talk on sex subjects, was very reserved and modest besides; no elder person or parent ever spoke to me on such matters; and the passion for my own sex developed gradually, utterly uninfluenced from the outside. I never even, during all this period, and till a good deal later, learned the practice of masturbation. My own sexual nature was a mystery to me. I found myself cut off from the understanding of others, felt myself an outcast, and, with a highly loving and clinging temperament, was intensely miserable. I thought about my male friends—sometimes boys of my own age, sometimes elder boys, and once even a master—during the day and dreamed about them at night, but was too convinced that I was a hopeless monstrosity ever to make any effectual advances. Later on it was much the same, but gradually, though slowly, I came to find that there were others like myself. I made a few special friends, and at last it came to me occasionally to sleep with them and to satisfy my imperious need by mutual embraces and emissions. Before this happened,

however, I was once or twice on the brink of despair and madness with repressed passion and torment.

"Meanwhile, from the first, my feeling, physically, toward the female sex was one of indifference, and later on, with the more special development of sex desires, one of positive repulsion. Though having several female friends, whose society I like and to whom I am sincerely attached, the thought of marriage or cohabitation with any such has always been odious to me.

"As a boy I was attracted in general by boys rather older than myself; after leaving school I still fell in love, in a romantic vein, with comrades of my own standing. Now,—at the age of 37,—my ideal of love is a powerful, strongly built man, of my own age or rather younger—preferably of the working class. Though having solid sense and character, he need not be specially intellectual. If endowed in the latter way, he must not be too glib or refined. Anything effeminate in a man, or anything of the cheap intellectual style, repels me very decisively.

"I have never had to do with actual pederasty, so called. My chief desire in love is bodily nearness or contact, as to sleep naked with a naked friend; the specially sexual, though urgent enough, seems a secondary matter. Pederasty, either active or passive, might seem in place to me with one I loved very devotedly and who also loved me to that degree; but I think not otherwise. I am an artist by temperament and choice, fond of all beautiful things, especially the male human form; of active, slight, muscular build; and sympathetic, but somewhat indecisive character, though possessing self-control.

"I cannot regard my sexual feelings as unnatural or abnormal, since they have disclosed themselves so perfectly naturally and spontaneously within me. All that I have read in books or heard spoken about the ordinary sexual love, its intensity and passion, lifelong devotion, love at first sight, etc., seems to me to be easily matched by my own experiences in the homosexual form; and, with regard to the morality of this complex subject, my feeling is that it is the same as should prevail in love between man and woman, namely: that no bodily satisfaction should be sought at the cost of another person's distress or degradation. I am sure that this kind of love is, notwithstanding the physical difficulties that attend it, as deeply stirring and ennobling as the other kind, if not more so; and I think that for a perfect relationship the actual sex gratifications (whatever they may be) probably hold a less important place in this love than in the other."

HISTORY VIII.—M. N., aged 30. "My grandfather might be said to be of abnormal temperament, for, though of very humble origin, he organized and carried out an extremely arduous mission work and became an accomplished linguist, translating the Bible into an Eastern

tongue and compiling the first dictionary of that language. He died, practically of overwork, at the age of 45. He was twice married, my father being his third son by the second wife. I believe that two, if not more, of the family (numbering seven in all) were inverted, and the only one of them to marry was my father. My grandmother was the last representative of an old and very 'wild' Irish family. She died at an advanced age, of paralysis. My father was 36 and my mother 21 at the time of their marriage. I was born three years after and was their only child. The marriage proved a most unhappy one, they being utterly unsuited to each other in every way.

"My father's health during the first years of his marriage was very delicate, and I have reason to believe that it had been undermined in certain ways by his life abroad. I understand I was born with slight gonorrheal affection, and as a child my health was very indifferent. This latter may have been brought about by the peculiarly unhappy and unnatural life I led. I had no companions of my own age, and did not even attend any school until after my mother's death. My father superintended my education up to that time, and I had free access to a large and very varied library, and a great deal of solitary leisure to enjoy it in. There were a number of medical and scientific books in it, which were my principal favorites, and I remember deciding at a very early age to be a doctor. When about 5 years old I recollect having a sexual dream connected with a railway porter. It afforded me great pleasure to recall this dream, and about that time I discovered a method of self-gratification (there is not much 'teaching' required in these matters!).

"I cannot say that the dream I have mentioned constituted absolutely the first intimation of inverted feeling, but rather that it crystallized vague ideas which I might have already had on the subject. I can recollect that when about between 3 and 4 years of age a young fellow of about 20 came to our house several times as a visitor. He was fond of children, I suppose, and I generally sat on his knee and was kissed by him. This was a source of great pleasure to me, but I cannot remember if it was accompanied by erection. I can only recall that his attention and caresses made a greater impression upon me than those of women. When about that age too I was often aroused when sleeping with my mother, and told not to lie on my face. I remember that erection was always present on these occasions. The dream was the first of many of its kind, and in my case they have never been accompanied by emission. They have always been of an 'inverted' character, though I have occasionally had dreams about women. These latter, however, have usually partaken somewhat of the nature of a nightmare!

"Up to the age of 14 I felt much perplexed and depressed by my views on sexual desire, and was convinced that they were peculiar to

myself. This, combined with the solitary condition of my life, and about four years' continued ill-treatment prior to my mother's death (she had given way to drink for that period), had a very injurious effect on my health, mental and bodily. Looking back from my present point of view, I can understand and forgive many things which appeared monstrous and unjust to me as a child. My mother's life must have been a very unhappy one, and she was bitterly disappointed in many ways, very likely in me as well. My unfortunate, misunderstood temperament led me to be shy and secretive, and I was often ailing, and my training was not calculated to improve matters. At last, however, change and freedom came, and I was sent to a boarding-school. Here, of course, I soon met with attachments and gratifications with other boys. I arrived at puberty, and my health improved under happier surroundings. I was not long in discovering that my companions viewed the pleasures that meant so much to me from an entirely different standpoint. Their gratifications were usually accompanied by conversation about, and a general direction of thought toward, females. When I had turned 15, owing to monetary difficulties I was obliged to leave school, and was soon not only thrown on my own resources, but accountable to no one but myself for my conduct. Of course, my next discovery was that my case, so far from being peculiar, was a most common one, and I was quickly initiated into all the mysteries of inversion, with its freemasonry and 'argot.' Altogether my experience of inverters has been a pretty wide and varied one, and I have always endeavored to classify and compare cases which have come under my notice with a view to arriving at some sort of conclusion or explanation.

"I suppose it is due to female versatility or impressibility that it is possible for me to experience mentally the emotions attributable to either sex, according to the age and temperament of my companion; for instance, with one older than myself, possessing well-marked male characteristics, I am able to feel all that surrender and dependence which is so essentially feminine. On the other hand, if with a youth of feminine type and behavior I can realize, with an equal amount of pleasure, the tender, yet dominant, attitude of the male.

"I experience no particular 'horror' of women sexually. I should imagine that my feeling toward them resembles very much what normal people feel with regard to others of their own sex." M. N. remarks that he cannot whistle, and that his favorite color is green.

In this case the subject easily found a moral *modus vivendi* with his inverted instinct, and he takes its gratification for granted. In the following case, which, I believe, is typical of a large group, the subject has never yielded to his inverted im-

pulses, and, except so far as masturbation is concerned, has preserved strict chastity.

HISTORY IX.—R. S., aged 31, American of French descent. "Upon the question of heredity I may say that I belong to a reasonably healthy, prolific, and long-lived family. On my father's side, however, there is a tendency toward pulmonary troubles. He himself died of pneumonia, and two of his brothers and a nephew of consumption. Neither of my parents were morbid or eccentric. Excepting for a certain shyness with strangers, my father was a very masculine man. My mother is somewhat nervous, but is not imaginative, nor at all demonstrative in her affections. I think that my own imaginative and artistic temperament must come from my father's side. Perhaps my French ancestry has something to do with it. With the exception of my maternal grandfather, all my progenitors have been of French descent. My mother's father was English.

"I possess a mercurial temperament and a strong sense of the ludicrous. Though my *physique* is slight, my health has always been excellent. Of late years especially I have been greatly given to introspection and self-scrutiny, but have never had any hallucinations, mental delusions, nor hysterics, and am not at all superstitious. Spiritualistic manifestations, hypnotic dabbings, and the other psychical fads of the day have little or no attraction for me. In fact, I have always been skeptical of them, and they rather bore me.

"At school I was an indolent, dreamy boy, shirking study, but otherwise fairly docile to my teachers. From earliest childhood I have indulged in omnivorous taste for reading, my particular likings being for travels, esthetics, metaphysical and theological subjects, and more recently for poetry and certain forms of mysticism. I never cared much for history or for scientific subjects. From the beginning, too, I showed a strong artistic bent, and possessed an overpowering love for all things beautiful. As a child I was passionately fond of flowers, loved to be in the woods and alone, and wanted to become an artist. My parents opposed the latter wish and I gave way before their opposition.

"In me the homosexual nature is singularly complete, and is undoubtedly congenital. The most intense delight of my childhood (even when a tiny boy in a nurse's charge) was to watch acrobats and riders at the circus. This was not so much for the skillful feats as on account of the beauty of their persons. Even then I cared chiefly for the more lithe and graceful fellows. People told me that circus actors were wicked, and would steal little boys, and so I came to look upon my favorites as half-devil and half-angel. When I was older and could go about alone, I would often hang around the tents of travelling shows in hope of catch-

ing a glimpse of the actors. I longed to see them naked, without their tights, and used to lie awake at night thinking of them and longing to be loved and embraced by them. A certain bareback rider, a sort of jockey, used especially to please me on account of his handsome legs, which were clothed in fleshings up to his waist, leaving his beautiful loins uncovered by a breech-clout. There was nothing consciously sensual about these reveries, because at the time I had no sensual feelings or knowledge. Curiously enough, the women-actors repelled me then (as they do to this day) quite as strongly as I was attracted by the men.

"I used, also, to take great pleasure in watching men and boys in swimming, but my opportunities for seeing them thus were extremely rare. I never dared let my comrades know how I felt about these matters, but the sight of a well-formed, naked youth or man would fill me (and does now) with mingled feelings of bashfulness, anguish, and delight. I used to tell myself endless stories of a visionary castle inhabited by beautiful boys, one of whom was especially my dear chum.

"It was always the *prince*, in fairy tales, who held my interest or affection. I was constantly falling in love with handsome boys whom I never knew; nor did I ever try to mix in their company, for I was abashed before them, and had no liking nor aptitude for boyish games. Sometimes I played with girls because they were more quiet and gentler, but I cared for them little or not at all.

"As is usually the case, my parents neglected to impart to me any sexual knowledge, and such as I possessed was gathered furtively from tainted sources, bad boys' talk at school and elsewhere. My elders let me know, in a vague way, that talk of the kind was wicked, and natural timidity and a wish to be 'good' kept me from learning much about sexual matters. As I never went to boarding-school, I was spared, perhaps, many of the degrading initiations administered by knowing boys at such institutions.

"In spite of what has been said above, I do not believe that I was sexually very precocious, and even now I feel that more pleasure would ensue from merely contemplating than from personal contact with the object of my amorous attentions.

"As I grew older there came, of course, an undefined physical longing, but it was the *beauty* of those I admired which mainly appealed to me. At the time of puberty I spontaneously acquired the habit of masturbation. Once while bathing I found that a pleasant feeling came with touching the sexual organs. It was not long before I was confirmed in the habit. At first I practised it but seldom, but afterward much more frequently (say, once a week), though at times months have elapsed without any indulgences on my part. I have only had erotic dreams three or four times in my life. The masturbation habit I

regard as morally reprehensible and have made many resolutions to break it, but without avail. It affords me only the most momentary satisfaction, and is always followed by remorseful scruples.

"I have never in my life had any sexual feeling for a woman, nor any sexual connection with any woman whatsoever. The very thought of such a thing is excessively repugnant and disgusting to me. This is true, apart from any moral considerations, and I do not think I could bring myself to it. I am not attracted by young women in any way. Even their physical beauty has little or no charm for me, and I often wonder how men can be so affected by it. On the other hand, I am not a woman-hater, and have several strong friends of the opposite sex. They are, however, women older than myself, and our friendship is based solely on certain intellectual or esthetic tastes we have in common.

"I have had practically no physical relations with men; at any rate, none specifically sexual. Once, when about 19 or 21, I started to embrace a beautifully formed youth with whom I was sleeping, but timidity and scruples got the better of my feelings, and, as my bedfellow was not amorously inclined toward me, nothing came of it. A few years after this I became strongly attached to a friend whom I had already known for several years. Circumstances threw us very much together during one summer. It was now that I felt for the first time the full shock of love. He returned my affection, but both of us were shy of showing our feelings or speaking of them. Often when walking together after night-fall we would put our arms about each other. Sometimes, too, when sleeping together we would lie in close contact, and my friend once suggested that I put my legs against his. He frequently begged me to spend the night with him; but I began to fear my feelings, and slept with him but seldom. We neither of us had any definite ideas about homosexual relations, and, apart from what I have related above, we had no further contact with each other. A few months after our amorous feelings had developed my friend died. His death caused me great distress, and my naturally religious temperament began to manifest itself quite strongly. At this time, too, I first read some writings of Mr. Addington Symonds, and certain allusions in his work, coupled with my recent experience, soon stirred me to a full consciousness of my inverted nature.

"About eight months after my friend's death I happened to meet in a strange town a youth of about my own age who exerted upon me a strong and instant attraction. He possessed a refined, handsome face, was gracefully built, and, though he was rather undemonstrative, we soon became fast friends.

"We were together only for a few days, when I was obliged to leave for my home, and the parting caused me great unhappiness and depres-

sion. A few months after we spent a vacation together. One day during our trip we went swimming, and undressed in the same bathhouse. When I saw my friend naked for the first time he seemed to me so beautiful that I longed to throw my arms about him and cover him with kisses. I kept my feelings hidden, however, hardly daring to look at him for fear of being unable to restrain my desires. Several times afterward, in his room, I saw him stripped, with the same effect upon my emotions. Until I had seen him naked my feelings for him were not of a physical character, but afterward I longed for actual contact, but only by embraces and kisses. Though he was fond of me, he had absolutely no amorous longings for me, and being a simple, pure-minded fellow, would have loathed me for mine and my inverted nature. I was careful never to let him discover it, and I was made very unhappy when he confided that he was in love with a young girl whom he wished to marry. This episode took place several years ago, and though we are still friends my emotional feelings for him have cooled considerably.

"I have always been very shy of showing any affectionate tendencies. Most of my acquaintances (and close friends even) think me curiously cold, and often wonder why I have never fallen in love or married. For obvious reasons I have never been able to tell them.

"Three or four years ago a little book by Coventry Patmore fell into my hands, and from its perusal resulted a strange blending of my religious and erotic notions. The desire to love and be loved is hard to drown, and, when I realized that homosexually it was neither lawful nor possible for me to love in this world, I began to project my longings into the next. By birth I am a Roman Catholic, and in spite of a somewhat skeptical temper, manage to remain one by conviction.

"From the doctrines of the Trinity, Incarnation, and Eucharist, I have drawn conclusions which would fill the minds of the average pietist with holy horror; nevertheless I believe that (granting the premises) these conclusions are both logically and theologically defensible. The Divinity of my fancied paradise resembles in no way the vapid conceptions of Fra Angelico, or the Quartier St. Sulpice. His physical aspect, at least, would be better represented by some Praxitelean demigod or Flandrin's naked, brooding boy.

"While these imaginings have caused me considerable moral disquietude, they do not seem wholly reprehensible, because I feel that the chief happiness I would derive by their realization would be mainly from the contemplation of the loved one, rather than from closer joys.

"I possess only a slight knowledge of the history and particulars of erotic mysticism, but it is likely that my notions are neither new nor peculiar, and many utterances of the few mystical writers with whose works I am acquainted seem substantially in accord with my own long-

ings and conclusions. In endeavoring to find for them some sanction of valid authority, I have always sought corroboration from members of my own sex; hence am less likely to have fashioned my views after those of hypersensitive or hysterical women.

"You will rightly infer that it is difficult for me to say exactly how I regard (morally) the homosexual tendency. Of this much, however, I am certain, that, even if it were possible, I would not exchange my inverted nature for a normal one. I suspect that the sexual emotions and even inverted ones have a more subtle significance than is generally attributed to them; but modern moralists either fight shy of transcendental interpretations or see none, and I am ignorant and unable to solve the mystery these feelings seem to imply.

"Patmore speaks boldly enough, in his way, and Lacordaire has hinted at things, but in a very guarded manner. I have neither the ability nor opportunity to study what the mystics of the Middle Ages have to say along these lines, and, besides, the medieval way of looking at things is not congenial to me. The chief characteristic of my tendency is an overpowering admiration for male beauty, and in this I am more akin to the Greeks.

"I have absolutely no words to tell you how powerfully such beauty affects me. Moral and intellectual worth is, I know, of greater value, but physical beauty I see more clearly, and it appears to me the most *vivid* (if not the most perfect) manifestation of the divine. A little incident may, perhaps, reveal to you my feelings more completely. Not long ago I happened to see an unusually well-formed young fellow enter a house of assignation with a common woman of the streets. The sight filled me with the keenest anguish, and the thought that his beauty would soon be at the disposal of a prostitute made me feel as if I were a powerless and unhappy witness to a sacrilege. It may be that my rage for male loveliness is only another outburst of the old Platonic mania, for as time goes on I find that I long less for the actual youth before me, and more and more for some ideal, perfect being whose bodily splendor and loving heart are the realities whose reflections only we see in this cave of shadows. Since the birth and development within me of what, for lack of a better name, I term my homosexualized Patmorean ideal, life has become, in the main, a weary business. I am not despondent, however, because many things still hold for me a certain interest. When that interest dies down, as it is wont from time to time, I endeavor to be patient. God grant that, after the end *here*, I may be drawn from the shadow, and seemingly vain imaginings into the possession of their never-ending reality *hereafter*."

HISTORY X.—A. H., aged 62. Belongs to a family which cannot be regarded as healthy, but there is no insanity among near relations.

Father a very virile man of high character and good intelligence, but not sound physical health. Mother was high-strung and nervous, but possessed of indomitable courage and very affectionate; she lived very happily with her husband. She became a chronic invalid and died of consumption. A. H. was a seven months' child, the third in the family, who were born very rapidly, so that there is only three years difference in the ages of the first and third children. A. H. believes that one of his brothers, who has never married and prefers men to women, is also inverted, though not to the same degree as himself, and he also suspects that a relation of his mother's may have been an invert. Sister, who resembles the father in character, is married, but is spoken of as a woman's woman rather than a man's woman. The family generally are considered proud and reserved, but of superior mental endowment.

In early life A. H. was delicate and his studies were often interrupted by illness. Though living under happy conditions he was shy and nervous, often depressed. In later life his health has been up to the average, and he has usually been able to conceal his mental doubts and diffidence.

As a child he played with dolls and made girls his companions until an age when he grew conscious that his conduct was unusual and became ashamed, while his father seemed troubled about him. He regards himself as having been a very childish child.

His conscious sexual life began between the ages of 8 and 10. He was playing in the garden when he saw a manservant who had long been with the family, standing at the door of a shed with his penis exposed and erect. The boy had never seen anything of the kind before, but felt great delight in the exhibition and moved shyly toward the man, who retreated into the shed. The boy followed and was allowed to caress and play with the penis until ejaculation took place, the man replying, in reply to the child's innocent inquiries, that it "felt good." This experience was frequently repeated with the same man, and the boy confided in a boy friend, with whom he tried to ascertain by personal experience what the "good feeling" was like, but they were too young to derive any pleasure from the attempt beyond the joy of what was instinctively felt to be "eating forbidden fruit."

From this period his sexual tendencies began to become fixed and self-conscious. He has never at any period of life had a moment's conscious sexual attraction toward a person of the opposite sex. His warmest friendships have, indeed, been with women and much, perhaps most, of the happiness he has enjoyed has been furnished by those friendships. But passion has only been aroused by persons of his own sex, generally by men much younger than himself. He feels shy and

uncomfortable in the presence of men of his own age. But even at his present age, a touch of a man or boy may cause the liveliest gratification.

Shortly after the incident in boyhood, already narrated, A. H. induced a little boy companion to go to a quiet spot, where, at A. H.'s suggestion, each placed the other's penis in his mouth by turns. A. H. had never heard of such a proceeding. It was a natural instinct. He began to masturbate at an early age. But he soon found a companion to share his passion. An older man, especially, married and with a family, became his accomplice on every possible opportunity, and they would manipulate each other. At the age of 21, *fellatio* began to be practised with this man. It became a lifelong practice, and the preferred method of sexual gratification. He likes best to have it performed on himself, but he has never asked anyone to do for him what he would not himself do for the other if desired. There has never been *pedicatio*. The penis, it may be added, is of good size, and the testicles rather large.

No one has ever suspected A. H.'s sexual perversion, not even his physician, with whom he has long had a close friendship, until at a time of great mental distress A. H. voluntarily revealed his state. He is accustomed to refined society, has always read much, abhorred athletic pursuits, and loved poetry, children, and flowers. His love of nature amounts, indeed, to a passion. Wherever he has been he has made friends among the best people. He confesses to occasional periods of addiction to intoxicants, induced by sociable companionship, and only controlled by force of will.

For business he has not the slightest aptitude, and cannot look after his own affairs. He is always dreading poverty and destitution. He believes, however, that he passes among his friends as fairly capable.

He considers that inversion is natural in his case and that he has a perfect right to gratify his own natural instincts, though he also admits they may be vices. He has never sought to influence an innocent person toward his own tendencies.

HISTORY XI.—T. D., knows of nothing abnormal in his ancestry. His brother has homosexual tendencies, but is also attracted to women. A sister, who is very religious, states that she has little or no sexual inclinations. They were all of a dreamy disposition when young, to the disgust of their teachers. He sent the following account of himself from the University at the age of 20:—

"When I was a child (before I went to school at 9)," he writes, "I was already of an affectionate disposition, an affection turned readily to either sex. No boy was the cause of my inclinations, which were quite spontaneous. (No doubt, part of the cause may be found in our social system, by which ladies are rather drawing-room creatures to be treated

with distant respect.) When I was 10, at a preparatory school, I first began to form attachments with other boys of my own age, in which I always had regard to physical beauty. It is this stage, in which the sexual element is latent, that Shelley speaks of as preceding love in ardent natures.

"At 12 I learned masturbation, apparently by instinct, and, I regret to say, practised it to excess for the next seven years, always secretly and with shame, and often with the accompaniment of prurient imaginings which did not prevent my relations with those I loved being of a very spiritual nature. Masturbation was often practised daily, with bursts of repentance and abstinence, latterly more rarely. But until I was 15 I really knew nothing of sexual matters, and it was not till I was at least 17 that I was conscious of sexual desire, which I repressed with shame.

"Owing to excessive self-abuse, I am unable to emit except manually, but desire is strong. I think naked contact would suffice, and in any case intercrural connection. *Pedicatio* and *fellatio* I abhor. I love boys between the ages of 12 and 15; they must be of my own class, refined, and lovable. I only desire the active masculine part. I now regard my inclinations as natural and normal to me. The difficulty is that of leading the other party to regard it as such, besides the young age required and clandestine nature of proceedings necessary. The moral difficulties of circumstances are so strong that I have little hope of ever gratifying my passion fully. I have found myself deceived in the character of the boy twice. The last friendship lasted three years, during which time I only saw him naked two or three times (this caused erection), never touched him pruriently, and only kissed him once.

"I have never found a satisfactory object of my affections, and my happiness, perhaps my health, have been seriously injured. At my public school a master helped me to a truer understanding of these things. The merely animal sodomy which exists in many public schools was unknown. What I learned of sex I learned for myself. I am recommended to turn my aspirations to the abstract universal maid; but so far at least I cannot do it.

"Male Greek statuary and the *Phædrus* of Plato have had a great, though only confirmatory, influence on my feelings. My ideal is that of Theocritus XIII, wherein Hercules was bringing Hylas to the perfect measure of a man. My first thought is the good of my friend, but, except for the good subjective influence of passion, I have failed utterly.

"I am very tall, dark, rather strong, fond of games, though I do not excel, owing to short sight. I am English, though I have French blood, which may account for an unreservedly passionate disposition. Though unlike other people, I am not in the least feminine, nor has anyone thought so to my knowledge. I can whistle easily and well. I am so

masculine that I cannot even conceive of passive sexual pleasure in women, much less in men. (That is one of the difficulties in boy-love.) My affections are inextricably bound up in the ideals of protection of one weaker than myself. In the earlier days, when sexuality was less conscious, this was a great source of romantic feeling, the glamour of which is rather departing. I cannot understand love of adult males, much less if they are of lower class, and the idea of prostitution is nauseous to me.

"I think I may say that I have the esthetic and moral sense very strongly ingrained. Indeed, they are largely synonymous with me. I have no dramatic aptitude, and, though I flatter myself that my taste is good in music, I have no knowledge of music. If I have a favorite color, it is a dark crimson or blue, of the nature of old stained glass. I derive great pleasure from all literary and pictorial art and architecture; indeed, art of all kinds. I have facility in writing personal lyrical verse; it affords me relief.

"I think my inversion must be congenital, as the desire of contact with those boys I loved began before masturbation and has lasted through private and public resorts and into university life. The other sex does not attract me, but I am very fond of children, girls as well as boys. (If there is sexuality in this, which I trust there is not, it is latent)."

This statement is of interest because it may well lead us to suppose that the writer, who is of balanced mind and sound judgment, possesses a confirmed homosexual outlook on life. While, however, it is the rule for the permanent direction of the sexual impulse to be decided by the age of 20, that age is too early to permit us to speak positively, especially in a youth whose adolescent undifferentiated or homosexual impulses are fostered by university life. This proved to be the case with T. D., who, though doubtless possessing a psychically anomalous strain, is yet predominantly masculine. On leaving the university his heterosexuality asserted itself normally. About six years after the earlier statement, he wrote that he had fallen in love. "I am on the eve of marrying a girl of nearly my own age. She has sympathy as well as knowledge in my fields of study; it was thus easier for me to explain my past, and I found that she could not understand the moral objections to homosexual practices. My own opinion always was that the moral objections were very considerable, but might in some cases be overcome. In any case I have entirely lost my sexual attraction toward boys; though I am glad to say that the appreciation of their charm and grace remains. My instincts, therefore, have undergone a considerable change, but the change is not entirely in the direction of normality. The instinct for sodomy in the proper sense of the word used to be unintelligible to me; since the object of attraction has become a woman this instinct is mixed with the normal in my desire.

Further, an element which much troubled me, as being most foreign to my ideal feelings, has not quite left me—the indecent and often scatologic curiosity about immature girls. I can only hope that the realization of the normal in marriage may finally kill these painful aberrations. I should add that the practice of masturbation has been abandoned.”

HISTORY XII.—Aged 24. Father and mother both living; the latter is of a better social standing than the father. He is much attached to his mother, and she gives him some sympathy. He has a brother who is normally attracted to women. He himself has never been attracted to women, and takes no interest in them nor in their society.

At the age of 4 he first became conscious of an attraction for older males. From the ages of 11 and 19, at a large grammar-school, he had relationships with about one hundred boys. Needless to add, he considers homosexuality extremely common in schools. It was, however, the Oscar Wilde case which first opened his eyes to the wide prevalence of homosexuality, and he considers that the publicity of that case has done much, if not to increase homosexuality, at all events to make it more conspicuous and outspoken.

He is now attracted to youths about 5 or 6 years younger than himself; they must be good-looking. He has never perverted a boy not already inclined to homosexuality. In his relationship he does not feel exclusively like a male or a female: sometimes one, sometimes the other. He is often liked, he says, because of his masculine character.

He is fully developed and healthy, well over middle height, inclined to be plump, with full face and small moustache. He smokes many cigarettes and cannot get on without them. Though his manners are very slightly if at all feminine, he acknowledges many feminine ways. He is fond of jewelry, until lately always wore a bangle, and likes women's rings; he is very particular about fine ties, and uses very delicate women's handkerchiefs. He has always had a taste for music, and sings. He has a special predilection for green; it is the predominant color in the decoration of his room, and everything green appeals to him. He finds that the love of green (and also of violet and purple) is very widespread among his inverted friends.

HISTORY XIII.—Artist, aged 34. “The earliest sex impression that I am conscious of,” he writes, “is at the age of 9 or 10 falling in love with a handsome boy who must have been about two years my senior. I do not recollect ever having spoken to him, but my desire, so far as I can recall, was that he should seize hold of and handle me. I have a distinct impression yet of how pleasurable even physical pain or cruelty would have been at his hands. ‘I have noticed that in young children

it is often difficult to differentiate the sexual emotions from what in the grown up would be definite cruelty.)

"It must have been at about this time that I discovered—entirely by myself—the act of masturbation. The process grew up quite naturally, though I cannot but think that the cooped-up life in a London street and a London school, with want of physical exercise, as well as want of landscape, color, and beautiful form, had much to do with it. The tone of the school I was at was singularly clean, but I question whether the vaunted cleanliness of tone of day-schools can compensate for the open life and large discipline of an English public school.

"How far the rather frequent masturbation between the ages of 10 and 13 may have had to do with weakly health I do not know, but when I was 12 I was taken by my mother to a famous doctor. He made no inquiries of a sexual nature, but he advised that I should be sent away from London. He had a sentimental horror of violent games, etc., for boys, and put aside various suggested public schools. Finally I was sent to a private school at the seaside.

"The private school was clean and wholesome. The plunge into the sexual cocytus of the great public school that followed was effectually sudden. In my day—— was a perfect stew of uncleanness. There was plenty of incontinence, not much cruelty, no end of dirty conversation, and a great deal of genuine affection, even to heroism, shown among the boys in their relations to one another. All these things were treated by masters and boys alike as more or less unholy, with the result that they were either sought after or flung aside, according to the sexual or emotional instinct of each. No attempt was made at discrimination. A kiss was as unclean as the act of *fellatio*, and no one had any gauge or principle whatever on which to guide the cravings of boyhood.

"My first initiation into the mysteries of sex was at the hands of the dormitory servant, who showed me his penis when he woke me in the mornings, and masturbated me when he gave me my hot bath on a Saturday night. This old reprobate of 45 committed the act of *fellatio* with most of the boys in turn as he went the dormitory rounds. For the older lads I cannot speak, but over us younger ones of 14 and 15 he exercised a sort of unholy terror and fascination. He was very popular; we came to him like doves to a snake. When I revisited my old school many years later he was occupying a very responsible position in the college chapel, and I noticed that he wore that expression of sly reverence which I think I can now instantly detect when I see it in a man.

"For the rest the dormitory was boisterous and lewd, and there was a good deal of bullying, which probably did little harm. My principal recollection now is of the filthy mystery of foul talk, that I neither cared for nor understood. What I really needed, like all the other boys, was a

little timely help over the sexual problems, but this we none of us got, and each had to work out his own principle of conduct for himself. It was a long, difficult, and wasteful process, and I cannot but believe that many of us failed in the endeavor. We had come unprepared with any advice. The principle upon which we were apparently trained was the repression of every instinct. My mother was ignorant from innocence, my father from indifference, and so between them I was sent out helpless. A mother incurs great responsibility in sending her child away unprepared. A parent should not seek to shift his responsibility upon the schoolmaster. Love alone should be the fount from which revelations should flow; the master, from the very nature of his position, cannot reveal.

"An imminent breakdown in health—due, it would now appear, to quite obvious causes—relieved me from the purgatory of the college dormitory, and I was removed to one of the private houses. These establishments were considered more select and less 'rough.' The social atmosphere was, however, perhaps more unwholesome, because more effeminate, and was full of noble young sucklings. The nominal head of the house under normal conditions might have been a real leader; as it was, the real head of the house was a gilded young pariah, fairly low down in the school and full of hypocrisy and unnatural lusts. The boy who occupied the cubicle next to mine was also a bad case of sexual misdirection, though he had not the social distinction to make him quite so refined a terror. I had every opportunity of watching him until, two years later, he was fortunately asked to leave. He talked bawd from morning till night, got drunk on one or two occasions, masturbated constantly without concealment, had several of the younger boys *inter femora*, though without evincing any care or affection for them, and gave one the impression of having been born for a brothel. His one redeeming quality was an element of good nature: a characteristic one often finds among such as are selfish and irresponsible. I have since been told that he has gone completely to the dogs. Whether this young cub's sexual instincts could have been turned or guided I do not know; but in a rougher and simpler life than that of a public school, in a more open and less hypocritical atmosphere, he might, perhaps, have been licked into better shape. Hypocrisy is a vice, however, that schoolboys themselves are fortunately free from. It comes later. The tone among the boys was frankly and violently unclean, though unclean not from instinct, but from want of direction and from repression.

"I have not a single happy recollection of this period of my school life. Yet out of this morass of misbegotten virtues I plucked my first blossom of genuine affection. I call it a blossom because it never ripened even to flower. I had been given the extreme of filth to feed upon at

the outset, and now I found for myself the extreme of chastity. It will be a matter of lifelong regret to me that the love which was the lode-star of my school years was never fulfilled or set upon a sound basis of comradeship.

"When I was about 16½ years old there came into the house a boy about two years younger than myself, and who became the absorbing thought of my school days. I do not remember a moment, from the time I first saw him to the time I left school, that I was not in love with him, and the affection was reciprocated, if somewhat reservedly. He was always a little ahead of me in books and scholarship, but as our affection ripened we spent most of our spare time together, and he received my advances much as a girl who is being wooed, a little mockingly, perhaps, but with real pleasure. He allowed me to fondle and caress him, but our intimacy never went further than a kiss, and about that even was the slur of shame; there was always a barrier between us, and we never so much as whispered to one another concerning those things of which all the school obscenely talked. Any connection between our own emotions and the sexual morals of the school never occurred to us. In fact, we lived a dream-life of chastity that could not relate itself to any human conditions. This was suddenly broken in upon. My friend was very beautiful and an object of attraction to others. That some of the elder boys had made offers of sexual intercourse to him I knew, but to him, as to me, that was unspeakable wickedness. One day I heard that four or five of these suitors of his had mishandled him; they had, I believe, taken off his trousers and attempted to masturbate him. The offense was probably horse play of an animal nature; to me it seemed an unpardonable offense. The matter had been reported to the master by a servant, but confirmatory evidence was needed before punishment could follow. I was torn asunder by passions I could not then analyze and in the end committed the greatest of schoolboy crimes,—I sneaked. The action under the circumstances was courageous, but I was indifferent so long as the boy I loved judged me rightly. The result was that at the close of the term four or five of the senior boys were 'asked to leave.' The remaining brief period of my school life, which had previously been a living hell, became really happy. That this should have been brought about to the harm of four or five boys whose sin, after all, was but a misdirected impulse for which the system was responsible, seems to me now all very wrong. Of the boys sent away, however, certainly three have made honorable careers. For my friend and I, we became more afraid of each other than before; as our affections increased, so our fear of them increased also. The friendship was too ethereal to live; but even yet we still have a deep respect for one another.

"When at the age of 19 I left school I was allowed to knock about for a year before entering college. During this time I picked up a sexual experience that may or may not have been a valuable one. I certainly look back upon it now, with regret, if not with horror. My father had discovered, some months before this date, that I was in the habit of masturbating, and he gave me what he conceived to be the right counsel under the circumstances: 'If you do this,' he said, 'you will never be able to use your penis with a woman. Therefore your best plan will be to go with a prostitute. Should you do this, however, you will probably pick up a beastly disease. Therefore the safest way would be to do it abroad if you get the chance, for there the houses are licensed.' Having delivered himself of this advice he troubled himself no further in the matter, but left me to work out my own destiny. The great physician, to whom I was taken about this time, also gave me his advice on this point. 'Masturbation,' he said, 'is death. A number of young men come to me with the same story. I tell them they are killing themselves, and you will kill yourself, too.' The doctor's hope was apparently to frighten his young patients into what he conceived to be natural conditions of life, and one went away from him with the impression that every sexual manifestation in one's self was a physical infirmity, due to one's own moral weakness. It took me some time before I could make up my mind to follow my father's advice, but after a period of real moral agony I deliberately and entirely in cold blood acted upon it. I sought out a scarlet woman in the streets of ——— and went home with her. From something she said to me I know that I gave her pleasure, and she asked me to come to her again. This I did twice, but without any real pleasure. The whole thing was too sordid and soulless, and the man who decides to take an evil medicine regularly has first to make up his mind that he really needs it.

"At about the same time I chanced to be, for a few months, in a German university town, and I determined, as I had the opportunity, to carry the parental advice to the logical conclusion. I tried a licensed house. The place was clean and decent, and the conditions, I take it, such as one would normally find in any properly regulated continental city; but to me the whole thing appeared unspeakably horrible. It was a purely commercial transaction, and it had not even the redeeming element of risk to one's self, or of offense against a social or disciplinary code. I came away feeling that I had touched bottom in my sexual experiences, and I understood what it was that Faust saw when the red mouse sprang from the mouth of the witch in the Walpurgis dance.

"These were the only occasions upon which I have had sexual intercourse with women. Looking back to them now, they appear to me to have been almost inevitable; but if I had my life over again I would

shun them as I would a lethal draught. I believe I came out of the fire unscathed; probably, indeed, it did me good, in the sense that it made it possible for me to look deeper into life; though to what extent seeing the torments of the damned makes us do this, perhaps only a Dante could tell. To gain knowledge at the expense of the shame and misery of others I hold to be fundamentally wrong and immoral. What is to me, however, the chief and bitterest thought is that I flung away the first spring of manhood where I got no love in return. His virginity is, or should be, as glorious and sacred a possession to a youth as to a maiden; to be guarded jealously; to be given only at the call of love, to one who loves him—be it comrade, mistress, or wife—and whom he can love in return.

"The full university life into which I now entered at the age of 20 brought with it a flood of new ideas, feelings and sensations. The friendships I made there will always remain the central ones in my life. Up to my last term at college at the age of 24 I still wore my chain-mail of artificial chastity; but then a change gradually set in, and I began to understand the relationship of the physical phenomena of sex to its intellectual and imaginative manifestations. (I was not destined to fully realize this for some years and then exclusively through and out of my own personal experience.) It was the study of Walt Whitman's *Leaves of Grass* that first brought me light upon this question. Hitherto I had kept the two things locked up, as it were, in two separate air-tight compartments,—my friendships in one, my sex instincts in another,—to be kept under and repressed by the public-school code as I conceived it.

"It is needless to say that I was continually troubled by the customary sex phenomena: erotic dreams, loss of semen, troublesome erections at night, etc. These I repressed as best I could, by habitual masturbation and by the regular diet and exercise which academic life made possible. At one time, for the period of a year I should say, I tried to overcome the desire for masturbation by gradual stages, on the principle of the drunkard's cure by which he took every day less tipple by the insertion of one pebble more in his bottle. I marked on my calendar the erotic dreams and the nights on which I masturbated, and sought gradually to extend the intervening periods. Six weeks, however, was the longest time for which I was able to abstain."

A few years later the writer of this communication formed an intimate relationship (in which he did not make the first advances) with a youth, some years younger than himself and of lower social class, whose development he was able to assist. "But for my part," he remarks, "I owe him as much as I gave him, for his love lighted up the gold of affection that was in me and consumed the dross. It was from him that I first learned that there was no such thing as a hard-and-fast line be-

tween the physical and the spiritual in friendship." This relationship lasted for some years, when the young man married; its effects are described as very beneficial to both parties; all the sexual troubles vanished, together with the desire to masturbate. "Everything in life began to sing with joy, and what little of real creative work I may have done I attribute largely to the power of work that was born in me during those years."

HISTORY XIV.—Scotchman, aged 38. His paternal ancestors were normal, so far as he knows. His mother belonged to a very eccentric old Celtic family. Soon after 5 he became so enamored of a young shepherd that the boy had to be sent away. He practised masturbation many years before the age of puberty, and attaches importance to this as a factor in the evolution of his homosexual life.

He has had erotic dreams rarely about men, about women more frequently. While indifferent to women, he has no repulsion toward them. He has had connection with women two or three times, but without experiencing the same passionate emotions as with men.

He would like a son, but he has never been able to get up the necessary amount of passion to lead to marriage.

He has always had a sentimental and Platonic affection for men. Of late years he has formed two friendships with adults of an affectionate and also erotic character. He cares little for anything beyond mutual masturbation and kissing; what he desires is the love of the male.

In appearance there is nothing abnormal about him except an air of youth. He is vigorous both in body and mind, and has enormous power of resisting fatigue. He is an excellent man of business. Is a patient student. He sees no harm in his homosexual passions. He is averse to promiscuity. His ideal is a permanent union which includes sexual relations.

HISTORY XV.—T. S., artist, aged 32. "I was born in England. My father was a Jew, the first to marry out of his family and to marry a Christian. My great-grandparents were cousins; he was a German and she was a Dane. My grandparents were also cousins; he was a Swede and she was a Dane.

"My maternal grandfather was an English Protestant, and my maternal grandmother was Irish, fanatically Roman Catholic, and a very eccentric woman.

"In my father's family there have been many members of note. In my mother's family there were many renowned lawyers.

"My father had an elder brother who was homosexual. He was already, at 31 years of age, a prominent author, when he died of consumption. I have also a second cousin on my father's side who is a

very good tenor; he is also homosexual. In my mother's family I know of nothing abnormal.

"In neither family is there or has there been any insanity, but rather an overwealth of brain.

"My parents were an ideally happy couple. They were engaged after knowing each other six days, and after being separated three months they married. They were married thirty-five years without a quarrel. I have a brother three years older, born a year after their marriage, and a sister seven years younger.

"My brother takes after his father in appearance. He is a great lover of women and much spoiled by them. He is quite normal and abstemious.

"My sister is a very womanly woman. As a girl she disapproved very much of girl friendships and always confided in her mother. At 13 years of age she met the man she is now married to. They waited ten years before marrying and are now an ideally happy couple. My sister is perfectly normal and very abstemious.

"I lived my first ten years in England, eighteen years in Sweden, two years in Denmark, two years in Bavaria, Austria, and Italy, and am now living in Berlin. I consider myself English. I am mentally a man, but all my physical feelings and desires are those of a woman.

"I am middle height and very slight. Weigh 106 English pounds, without clothes. My hands and feet are small and well-shaped. Head of normal size. Features small. Eyes green. Have worn glasses since I was 7 years old. Complexion fair. Appearance not Jewish. The skin of my body is very white, without blemish. Very little hair on my face. Hair on head and abdomen luxuriant. No hair whatever on stomach and chest. Color of hair auburn everywhere except below navel, that black. (My father's, mother's, and brother's hair was brown. My sister has auburn hair, and so had the aforementioned uncle.) My breasts are slightly round; my hips are normal. I do not gesticulate much. From my material self it would be difficult to draw the conclusion that I was homosexual. My sexual organs are normal.

"My disposition is apparently bright, but in reality melancholy. Have very little love for human nature, but have a partiality for the British and Jewish races. Hate business, politics, sports, and society. Love music, art, literature, and nature. Deep interest in mysticism. Am clairvoyant. Have been used many times as a medium. Lead two separate lives, an outer and inner psychic life. Am a fatalist and a theosophist. Profound belief in reincarnation, always have had, because when I was a little child I could 'remember' so much. Have an excellent memory, dating back to my third year. Have always been too self-analytical. Have from my earliest childhood felt myself

an alien. Am very sensitive, physically and psychically. Have no wish to wear woman's clothing or do woman's work. As to clothes for myself, I prefer black and not much jewelry.

"I could only love a perfectly manly man from 21 to 40 years of age. He must be physically beautiful and well made. Size of sexual organs plays no part. The muscles must be developed and the hands must be especially well shaped. Hands are my fetish. (I could never love anyone with ugly hands.) He must have no odor issuing from his body (though I do not dislike faint perfume when clothed), and, above all, never have a bad breath. He must be intelligent, love music, art, literature, and nature. He must be refined and cultured and have been about the world. He must have simplicity in behavior, dress, and manner, and, above all, be clean-bodied as clean-minded. Cynicism I cannot stand. (Here I may state I once owned a St. Bernard dog which reminded me much of my ideal. He was always sedate, always loving, and faithful; generally quiet. He only got excited when out in the elements.) I have not been able to get on with people who have no sense of humor. From my birth I was physically weak. First I suffered from eczema. Being born with a double squint, I was operated on at 2½ and again at 3½ years of age, with excellent result. From 4 to 12 years of age I had convulsions (often), and all the illnesses of childhood. At the age of 12½ years I took scarlet fever, followed by a weak heart, which grew stronger after a year, and Bright's disease, which lasted fifteen years with hardly a break. This illness had its wonted effect of producing melancholia and upsetting the whole nervous system. Bright's disease stopped suddenly but was followed by a succession of illnesses. Then I had neuritis very badly. I then removed to Bavaria, and to regain nervous strength I was treated by Freud's psychoanalytical method, with great success. I had a very bad relapse, as my brother, who had just heard I was homosexual, came to visit me and threatened to have me put under guardians, if my father should die. It took me weeks to recover from the shock. We broke off all intercourse and though my brother has been several times in the same town where I have been, we remain strangers. At this time my father died suddenly. Last spring four suicides of friends in so many weeks had a very bad effect on my nerves. I am now in Berlin in better spirits, but the cramp continues badly at times.

"To this I must add that since my fourteenth year, independent of any illness, I have suffered mentally and physically from menstrual pains recurring every twenty-eight days and lasting from six to eight days. That these were the equivalent pains to a woman's menstruation periods I could get no doctor to admit till I was treated for a length of time by a German nerve specialist.

"The physical pains begin abruptly. Sudden congestions of blood in the brain and in the abdomen. Sudden perspirations, heat and cold. Great nervous pains in the small of the back, also in the nerve-centers of abdomen and stomach. Sharp, shooting pains in the breasts and especially the nipples. Sudden toothache which stops as suddenly. The skin becomes darker, sometimes mottled. I have the whole time a taste of blood in my mouth and often everything I eat tastes of blood. I have great difficulty at that time in eating meat. Physical longings for erotic adventure, counterbalanced by mental nausea at the bare idea.

"The mental symptoms are: sudden feeling of deep depression, suicidal tendencies, alternating with sudden inexplicable lightheartedness. Capriciousness and great dissatisfaction with myself and life generally. Horror at my own incompleteness of sex and sudden fits of hatred toward women and a great longing to be loved by men. This condition changes slowly back to the normal one. It takes several days for me to lose my physical weakness owing to it.

"Physically I was developed at 16 years of age. Mentally I was developed at a very early age, but I kept my inner life quite dark, always playing the innocent. Nobody at home believed me to know anything about life. They were at times very surprised when I fell out of the rôle I had planned for myself. Up till I was 17 years of age nothing to do with other people's morals was ever discussed before me. I looked so pure, and do now, that people are always careful in front of me. My father never discussed such things with me. From my earliest childhood I loved men dearly, though I was always at daggers drawn with my father and brother. I worshipped my mother then, as I do now. My sister and I did not at all get on as children, though we are the best of friends now. She and her husband as well as my mother have been kindness itself ever since they knew of my condition. Not till I was over 30 years did I meet a man I loved as well as my mother, and he is heterosexual. I must have loved my father and brother at first, but continual conflicts, incompatible temperaments and mutual misunderstandings and want of sympathy made life at home horrible. I must admit from my earliest childhood I had a certain contempt for my father and brother because I found them so materialistic. I had all my childhood rows with my brother. My father took his part, my mother mine. After I had recovered from my father's sudden death (my first words were after reading the letter: 'Thank God it isn't mother!') I felt a great relief, but it took a long time for me to grasp that I was really free.

"I have always liked women's society and, as a youth, I was very fond of gossip, which I by no means am now. I have many women friends, more than men friends. These women friends are all hetero-

sexual except one. I very often like elderly women; I suppose I see mother in such women. A woman never could make me blush, but a man I admired could easily.

"I was 23 years of age when a married woman of good family asked me to come and spend the night with her. I went, and though she was beautifully built, cleanly, and though her garments and apartments were of the utmost good taste, I did not have any erection. On the other hand, I felt myself to be most unclean and bathed three times each of the following three days. Since then I have never tried to have sexual intercourse with women.

"In Copenhagen I tried to excite my feelings with every class of woman, in vain. I suppose it is that my nature is so like woman's that there can be no reaction. With men I am often very shy and nervous, tongue-tied, and my hands perspire. Never so with women.

"As a child I loved men and used to fall desperately in love with some who came to the house. I would, when no one was there, kiss their hats, or gloves, or even their sticks.

"I can remember, when I was about 6 years, how I fell in love with a very good-looking 26-year-old German. He had very curly hair and his hands were very beautiful. He was very fond of me and I used to call him 'my Boy.' When visiting us he often used to 'tuck me in' after the nurse had gone down. He always had sweets or something for me. I can remember how I used to fling my arms round his neck and cover his face with kisses. I would then draw his head down on my pillow and he would tell me fairy-tales and I would go off to sleep quite happy.

"At 7 years of age, while staying in the country, a very good-looking groom, about 25 years of age, misbehaved himself with me. I often used to visit him in the stables, as this man had a strange attraction for me. One day he tickled me. While doing so he produced my penis and also his own, which was in full erection. He tried in every way to excite my feelings, in vain. For him the occasion terminated in an ejaculation. He forbade me to tell anyone, and I did not do so, but tried to find out all I could on the subject, with little or no result. From that day I hated the groom and I felt a sort of guilt, as if I had lost something.' Not till I was 12 years did I understand.

"From my earliest childhood I had one ideal of a man. From that ideal I have never swerved. At the age of 30 I found a friend who, though quite heterosexual, has, without giving me any sexual intercourse, given me the love I have always needed. He has been for the last couple of years a second mother, father, sister, brother, and lover. Through him I have regained my health, my love of nature, and he has helped to deaden my hatred toward human nature and my bitterness.

A better friend I never wish to find. It has made up for all the years of mental and physical suffering. One strange thing is that the feeling is mutual. He has had a tragic life, for his wife, whom he loved beyond everything, died under very sad circumstances. He says I am the best male friend he has ever had. While with him, much of the lower nature in me was stamped out. I shall always look upon him as the turning point in my life. I think he wrought some of his finest influence through his music. He played Beethoven and Wagner for me for a couple of hours every day for months, and thus opened up a new world to me. . . . He is six years older than I am.

"At 10 years of age we moved to Sweden, a country I hated from first to last. About this time I began to notice that there was something strange about myself. I felt myself an alien, and have done so ever since. An event of importance in my life was, I feel sure, when my father's sister tried to take away my mother's character. It was done in jealousy and spite, and my aunt had to beg my parents' pardon. Outwardly the affair was patched up; but I feel sure my father never really forgave his sister. Jews never forgive.

"This event awoke in me a great hatred toward women, and it was many years before I could at all control it.

"At the age of 14 I was much with a good-looking, musical American, a year older than myself. One day, while romping, very much the same thing occurred as with the groom. I still had no sexual feelings. We remained good friends. I often wished to kiss him. After the first time he would not allow it. He was very much liked among the officers and so-called high society men, and had always much money. About ten years later I heard he used to accept money after intimate intercourse with those society men.

"During my fifteenth year I had great longing for sexual intercourse with men. At this time the first signs of hair were to be seen on my abdomen.

"At the age of 16 a gardener, a married man with family, initiated me into mutual self-abuse. He lived in the back house of the apartment house we then inhabited. He was about 40 years of age, an ugly but muscularly developed man. These practices took place in the cellar, to which there were three entrances. I never allowed him to kiss me and the sight of his children always awoke in me a great feeling of nausea. That was the natural reaction of a bad conscience. For the man himself I had the utmost contempt. This man told me of several parks and *pissoirs* where men met, and I went to these places now and again for erotic adventure.

"I must here relate that at the age of 16 my mother warned me against self-abuse. It had the opposite effect, made me curious, so I

began at once. I have continued ever since, at least once a day. (I have never had an involuntary emission in my whole life.) Between 17 and 22 it became necessary for me to do so several times a day. Working at art, painting, and above all music and beauty have a strong influence over me and set my erotic longings in violent motion. I have never found this do me any harm. Abstinence, on the other hand, has a very harmful effect on me, upsetting the whole nervous and physical system. I often find that there is a something very much wanting in self-abuse: the commingling of two human bodies who are *mentally* as well as physically in sympathy gives an electrical satisfaction which quiets the whole nervous system. That at least has been my experience.

"The gardener left and moved to the country. I then sometimes visited *pissoirs* or, as they are often called, 'panoramas' (because they are round and one sees much there). What I saw in the parks during the long summer nights was quite a revelation. During the summer, when the husbands had sent their families in the country, many of them led a very indiscreet life. What I saw the first summer killed all the respect I had for elderly people. I had always connected marriage and gray hairs with virtue and morals; then I learnt otherwise. I must say I became about this time a *sensual pig*. I knew how dangerous these places were on account of the police and blackmailers, but that gave the hunt a double zest. At this time I led a double life and was always watching and analyzing myself. I had to do with heaps of men of all classes. I was often offered money, but that I would on no condition accept. To pay or to be paid kills every sort of erotic feeling in me and always has done so. I once wished to experiment with myself. I was offered a small sum of money by a former schoolmaster. I accepted this just to see how it would affect me. The next moment I threw the money as far away as possible. Then I saw I had none of the prostitute nature in me. I was simply overwhelmed with sensuality. I considered I was a criminal and wished to see in how many ways my nature had the criminal instinct. I wanted to see if I could become a thief. I stole a silver button in a shop where antiquities were sold, but I went to the shop the same day again and returned the button, without the people knowing. I found I could not become a thief. Then the question came. Why had I felt a criminal since my seventh year? Was it my fault? If not, whose fault was it? Not till I studied Freud's psychoanalytical system did I get a clear insight into my own character.

"When I was 20 years of age I met a gentleman one night in a heavy snow-storm. We walked and talked and understood each other. He belonged to one of Sweden's first aristocratic families. He was extremely refined. He asked me to his rooms. We undressed and lay down. He had a very beautiful head and a still more beautiful body.

I think that all my erotic feelings were numbed by looking at his beautiful body. To me anything sensual would have been sacrilege, I thought, and I can remember the feeling of awe which came over me. He was then 20 years of age, but his hair was quite white. First he did not understand, and then he was very gentle to me. I kept perfectly chaste for three whole months after the sight of his body. We saw each other often. Eight years later we met for the last time. He suffered much from melancholia. At that time I prevented him from committing suicide. This winter, however, he shot himself.

"At the age of 22 my sister introduced me to a charming, intelligent and refined, half-English, half-Swedish painter. We 'recognized' each other at once, though we had never seen each other before, and even knew each other's characters to the smallest traits. My parents liked him better than any friend I had ever had. My sister and he were from the first like sister and brother. The first evening in my home he and I kissed each other. The women were mad about him. Later I found many men were too. I was three weeks his senior. He had his own rooms. I have never felt any such wonderful harmony as when our naked bodies mingled. It was like floating in ether. With him it was the only time I had been active in *fellatio*. We were much together, though not much physically, for he had many love affairs with women. What I loved was the way he would cut off all advances of men, I was his 'little brother' and so he calls me to this day. He is now married in America, and the father of a pretty little daughter. We are the best of friends to this day.

"The two years in Copenhagen were some of the happiest I have spent, though nearly the whole time I was in physical pain. In Austria I found, among the Tyrolese peasants, that the Englishmen, who come there in winter for sports and in the summer for mountain climbing, have demoralized the young male peasants with money. Homosexual intercourse is easy to get if you are willing to pay the price,—larger in season, less out of season.

"In Italy it is merely a question of money or passion, but everything in love there is quite transient.

"In Bavaria I found the love and peace 'which passeth all understanding.' This love and friendship without anything of a physically intimate nature brought me back from the 'deep black gulf' to which I was swiftly floating. When I met my friend I was nearly at the end of my tether. What his love and friendship has done for me, together with Freud's psychoanalytical system, nobody will ever know.

"Since being in Berlin, a town I like very much, a new life has opened for me, a life where one lives as one likes if one does not have to do with young boys. Here are homosexual baths, pensions, restaurants,

and hotels, where you can go with one of your own sex at a certain fee per hour. Berlin is a revelation. But since being here I find the physical erotic side of my nature is little excited. I suppose it is the old story of 'forbidden fruit.'

"My parents kept a very hospitable home. The last two years in Sweden I was never at home. I hated society and knew much too much about the private histories of those who came to my home. They all belonged to the highest society. The highest society and the lowest are very much alike. Of course my parents knew nothing about these people. When I told my mother a great deal of private history of people who came to our house, she was thunderstruck and could at last understand my contempt for so-called good society. I have visited in later years only in artistic and theatrical circles; I consider that class of people more natural than the other class and much more kind-hearted.

"My life has quite another side, the mystic side. But that would be a much longer story than this. Suffice it to say, I am of a highly sensitive nature, gifted with second sight." [A detailed record of the subject's visions, premonitions of death of acquaintances, etc., has been furnished by him.]

"I tried on four occasions to commit suicide, but I now see there is nothing to be gained by doing so.

"Two years ago I told my parents about my sexual condition. It was a frightful blow to them. My father had the circumstances explained to him; he never understood the matter and never discussed it with me. Had I told him earlier I feel quite certain that, with his despotic nature, he would have put me in a madhouse. My mother and sister have treated me very kindly always. My brother has disowned me."

HISTORY XVI.—Irish, aged 36; knows of nothing unusual in his ancestry. His tastes are masculine in every respect. He is strong, healthy, and fond of exercises and sports. The sexual instincts are abnormally developed; he confesses to an enormous appetite for almost everything,—food, drink, smoking, and all the good things of life.

At about the age of 14 he practised masturbation with other boys of the same age, and also had much pleasure in being in bed with an uncle with whom the same thing was practised. Later on he practised masturbation with every boy or man with whom he was on terms of intimacy; to have been in bed with anyone without anything of the sort taking place would have made sleep impossible, and rendered him utterly wretched. His erotic dreams at first were concerned with women, but more recently they are usually of young men, and very rarely of women. He is mostly indifferent to women, as also they have always been to him. Although good-looking, strong, and masculine, he has never

known a woman to be in love with him. When about the age of 18 he imagined he was in love with a girl; and he had often, between the ages of 20 to 30, cohabited with prostitutes. He remembers on one occasion, many years ago, having connection with a woman seven or eight times in one night, and then having to masturbate at noon the next day. He is unmarried, and thinks it is unlikely that he ever will marry, but he adds that if a healthy, handsome, and intelligent woman fell in love with him he might change his mind, as it would be lonely to be old and alone, and he would like to have children.

He is never attracted to men older than himself, and prefers youths between the ages of 18 and 25. They may be of any class, but he does not like common people, and is not attached to uniforms or liveries. The requisite attractions are an intelligent eye, a voluptuous mouth, and "intelligent teeth." "If Alcibiades himself tried to woo me," he says, "and had bad teeth, his labor would be in vain." He has sometimes been the active participant in *pedicatio*, and has tried the passive rôle out of curiosity, but prefers *fellatio*.

He does not consider that he is doing anything wrong, and regards his acts as quite natural. His only regret is the absorbing nature of his passions, which obtrude themselves in season and out of season, seldom or never leaving him quiet, and sometimes making his life a hell. Yet he doubts whether he would change himself, even if he had the power.

HISTORY XVII.—Age 25; is employed in an ordinary workshop, and lives in the back alley of a large town in which he was born and bred. Fair, slight, and refined in appearance. The sexual organs are normal and well developed, and the sexual passions strong. His mother is a big masculine woman, and he is much attached to her. Father is slight and weakly. He has seven brothers and one sister. Homosexual desires began at an early age, though he does not seem to have come under any perverse influences. He is not inclined to masturbation. Erotic dreams are always of males. He declares he never cared for any woman except his mother, and that he could not endure to sleep with a woman.

He says he generally falls in love with a man at first sight—as a rule, some one older than himself and of higher class—and longs to sleep and be with him. In one case he fell in love with a man twice his own age, and would not rest until he had won his affection. He does not much care what form the sexual relation takes. He is sensitive and feminine by nature, gentle, and affectionate. He is neat and orderly in his habits, and fond of housework; helps his mother in washing, etc. He appears to think that male attachments are perfectly natural.

HISTORY XVIII.—Englishman, born in Paris; aged 26; an actor. He belongs to an old English family; his father, so far as he is aware, had no homosexual inclinations. nor had any of his ancestors on the

paternal side; but he believes that his mother's family, and especially a maternal uncle who had a strong feeling for beauty of form, were more akin to him in this respect.

His earliest recollections show an attraction for males. At children's parties he incurred his father's anger by kissing other small boys, and his feelings grew in intensity with years. He has never practised self-abuse, and seldom had erotic dreams; when they do occur they are about males.

His physical feeling for women is one of absolute indifference. He admires beautiful women in the same way as one admires beautiful scenery. At the same time he likes to talk with clever women, and has formed many friendships with frank, pure, and cultivated English girls, for whom he has the utmost admiration and respect. Marriage is impossible, because physical pleasure with women is impossible; he has tried, but cannot obtain, the slightest sexual feeling or excitement.

He especially admires youths (though they must not be immature) from 16 or 17 to about 25. The type which physically appeals to him most, and to which he appeals, is fair, smooth-skinned, gentle, rather girlish and effeminate, with the effeminacy of the *ingénue*, not the *cocotte*. His favorite to attract him must be submissive and womanly; he likes to be the man and the master. On this point he adds: "The great passion of my life is an exception, and stands on an utterly different level. It realizes an ideal of marriage in which neither is master, but both share a joint empire, and in which tyranny would be equally painful to both. But this friendship and love is for an equal, a year younger than myself, and does not preclude other and less creditable *liaisons*, physical constancy being impossible to men of our caliber."

Pedication is the satisfaction he prefers, provided he takes the active, never the passive, rôle. He is handsome, with broad shoulders, good figure, and somewhat classic type of face, with fine blue eyes. He likes boating and skating, though not cricket or football, and is usually ready for fun, but has, at the same time, a taste for reading.

He has no moral feelings on these matters; he regards them as outside ethics, mere matters of temperament and social feeling. If England were underpopulated he thinks he might possibly feel some slight pangs of remorse; but, as things are, he feels that in prostituting males rather than females he is doing a meritorious action.

HISTORY XIX.—T. N. His history is given in his own words.

"From the time of my earliest imaginings I have always been attached by strength in men and often thought about being carried off by big warriors and living with them in caves and elsewhere. When about 7 a young man used to show me his penis and handle mine occasionally. At private boarding school masturbation was fairly fre-

quent and I suppose I was initiated about 12 or 13. After leaving I occasionally indulged, but nothing happened until I was about 20, except that I was often attracted by strong, well-built young men of good character; a man who was not honest and good-hearted had no attraction. At 20 I was much attached to a young man of my own age. He was engaged. This did not prevent him on one occasion endeavoring playfully and with his brother to obtain access to my person. I successfully resisted, although if *he* only had been present I should not have done so, but welcomed the attempt, and I have often regretted I did not let him know this. But I had a dim idea that my penis was somewhat undeveloped and this made me shy. Circumstances separated us. About two years later I was crossing the Channel when I engaged in conversation with a man about eight years older, who was one of our travelling party. I think the attraction was a case of love at sight, certainly on my side. A few nights later he had so arranged that we shared a bedroom, and he very soon came over to me and tenderly handled my person. I reciprocated and I look back all these years to that night with pleasure and no feeling of shame. On one occasion, about this time, I happened to be sleeping with another young fellow (an office mate) on a holiday, when I awoke and found him handling my penis caressingly. I gently removed his hand and turned over. I thought none the less of him, but my body seemed to belong only to myself and the friend I loved. He was not an urning, I am sure, but we were often together and I much entered into his interests and felt infinite satisfaction with life, made good progress and many friends. Our physical intimacy was repeated, he taking the active part in intercrural contact. Then he married very happily. Our friendship remains, but circumstances prevent our often meeting, and there is no longer desire on either part.

"For some years I was rather lonely in spite of friends. I was somewhat attracted to another man, but his superior social position was a defect to me. Then when about 28 I came in contact with a young man of 24, of the artisan class, but superior in ideals and intelligence to most men. I loved him at first glance and to this day. At first it was just friendship, but soon his form, voice, and thoughts entered into my very soul by day and night. I longed always to be near him, to see him progress and help him if I could. I would joyfully have given up home, friends, and income, and followed him to the end of the world, preferably an island where we two might at least be the only white men. He seemed to embody all I longed for in the way of knowledge of nature, of strength, of practical ability, and the desire to imitate him in these things widened and strengthened my character. The first time I slept with him I could only summon courage to put my arm over his chest,

but I could not sleep for unsatisfied desire, and the unrelieved erection caused a dull pain on the morrow. I had always disliked conversation that might be regarded as bordering on the obscene, and consequently was very ignorant on most matters; it pained me even to hear him laugh at such remarks. I think if he had been intimate with me I should have not conversed much on such topics, but now I felt pleasure in such things with him as they expressed intimacy. I dreamed about him and was never really happy in his absence; the greatest joy would have been to have slept in his arms; the hairiness of his legs and arms were also most fascinating. Perhaps a year later, we were again at night together, and this time I by degrees felt his private organs, but he was cold and I felt a little unsatisfied. I wanted to be hugged: This happened once more, and then on a later occasion,—not that it afforded me much gratification, but because I wanted to stimulate him to ardor,—I attempted masturbation. This aroused his disgust and I was consequently dismayed. He told me I ought to marry and, although I knew his love was all I wanted, I did not feel but what I could make a woman happy. The constant unrelieved erections which took place when I saw my friend adopt a graceful attitude caused pain at the bottom of my back, and I consulted two specialists, who also advised marriage. I did not tell them I was an 'invert,' for I hardly knew it was a recognized thing, but I did tell them something of what had taken place, and they made next to no comment, but implied it was frequent. My friend now felt repulsion toward me, but did not express himself, and as other circumstances then caused a barrier between us to a certain extent, I did not realize the true reason of his coldness. But I felt utterly miserable. When I met a noble woman whom I had long known I asked her to be my wife and she consented. Although I told her very soon, and long before our marriage, of my limitations as a husband and of my continued longing for my friend, I feel now I did a great wrong, and I cannot understand why I was not more conscious of this at the time; that I was to a certain extent deceiving her relations was inevitable. I had expected to devote my life in making her happy, but I soon found that the true reason of my friend's apparent unfaithfulness was my own action, combined with a feeling on his part that it was as well that our affection should cease even at the cost of misunderstanding. Since then, three years ago, I have not had a happy day or night, and am therefore quite unable to promote happiness in others. Without my friend, I can find no satisfaction with wife, child, or home. Life has become almost unbearable. Often I have seriously thought of committing suicide, only to postpone it to a time which would be less cruelly inopportune to others. I see my friend (now married) almost daily, and suffer tortures at seeing others nearer to him than myself. No

explanation seems possible, as the whole idea of inversion is so repugnant to him, and being an honorable man he would feel marital ties preclude *any* warmth of affection. But all the longing of my life seems to be culminating in a driving force which will carry me to the male prostitute or to death. I can concentrate my mind on nothing else, and consequently have become inefficient in work and have no heart for play. I know if my longings could be occasionally satisfied I should immediately recover, but my fear is that if I killed myself those who knew me in happier days would only be confirmed in the impression of my degeneracy and would feel my instincts had caused it, whereas it is the denial and starvation of them which would have brought about the result. I know now by experience of self and others that my disposition is congenital and that I have been rendered unhappy myself and a cause of unhappiness to others by the too late knowledge of myself. The example of my former friend who married misled me to think I too *could* marry and make a happy home; so that when the man I loved advised me I resolved to do so, as I would have done almost anything else *he* suggested. If I could have withdrawn from the engagement without embarrassment to the devoted woman who became my wife I would have done so, if she gave me the opportunity. Nothing in my married state has brought me pleasure and I often wish my wife would cease to love me so that we might separate. But she would be heart-broken at the suggestion and I feel driven to attempt to relieve my feelings even in a way that has previously seemed repulsive to me,—I mean by use of money.

"About my feelings toward my child there is not much to say, as they are not very strong. I believe I carry him and help bathe and attend to him as much as most fathers, and when he is a few years older I hope I may find him very companionable. But he has brought me no real joy, though I see other men look at him almost with affection. But he has brought added happiness to his mother."

The next case is interesting as showing the mental and emotional development in a very radical case of sexual inversion.

HISTORY XX.—Englishman, of independent means, aged 49. His father and his father's family were robust, healthy, and prolific. On his mother's side, phthisis, insanity, and eccentricity are traceable. He belongs to a large family, some of whom died in early childhood and at birth, while others are normal. He himself was a weakly and highly nervous child, subject to night-terrors and somnambulism, excessive shyness and religious disquietude.

Sexual consciousness awoke before the age of 8, when his attention was directed to his own penis. His nurse, while out walking with him

one day, told him that when little boys grow' up their penes fall off. The nursery-maid sniggered, and he felt that there must be something peculiar about the penis. He suffered from irritability of the prepuce, and the nurse powdered it before he went to sleep. There was no transition from this to self-abuse.

About the same time he became subject to curious half-waking dreams. In these he imagined himself the servant of several adult naked sailors; he crouched between their thighs and called himself their dirty pig, and by their orders he performed services for their genitals and buttocks, which he contemplated and handled with relish. At about the same period, when these visions began to come to him, he casually heard that a man used to come and expose his person before the window of a room where the maids sat; this troubled him vaguely. Between the age of 8 and 11 he twice took the penis of a cousin into his mouth, after they had slept together; the feeling of the penis pleased him. When sleeping with another cousin, they used to lie with hands outstretched to cover each other's penis or nates. He preferred the nates, but his cousin the penis. Neither of these cousins was homosexual, and there was no attempt at mutual masturbation. He was in the habit of playing with five male cousins. One of these boys was unpopular with the others, and they invented a method of punishing him for supposed offenses. They sat around the room on chairs, each with his penis exposed, and the boy to be punished went around the room on his knees and took each penis into his mouth in turn. This was supposed to humiliate him. It did not lead to masturbation. On one occasion the child accidentally observed a boy who sat next to him in school playing with his penis and caressing it. This gave him a powerful, uneasy sensation. With regard to all these points the subject observes that none of the boys with whom he was connected at this period, and who were exposed to precisely the same influences, became homosexual.

He was himself, from the first, indifferent to the opposite sex. In early childhood, and up to the age of 13, he had frequent opportunities of closely inspecting the sexual organs of girls, his playfellows. These roused no sexual excitement. On the contrary, the smell of the female parts affected him disagreeably. When he once saw a schoolfellow copulating with a little girl, it gave him a sense of mystical horror. Nor did the sight of the male organs arouse any particular sensations. He is, however, of opinion that, living with his sisters in childhood, he felt more curious about his own sex as being more remote from him. He showed no effeminacy in his preferences for games or work.

He went to a public school. Here he was provoked by boy friends to masturbate, but, though he often saw the act in process, it only inspired him with a sense of indecency. In his fifteenth year puberty com-

menced with nocturnal emissions, and, at the same time, he began to masturbate, and continued to do so about once a week, or once a fortnight, during a period of eight months; always with a feeling that that was a poor satisfaction and repulsive. His thoughts were not directed either to males or females while masturbating. He spoke to his father about these signs of puberty, and by his father's advice he entirely abandoned onanism; he only resumed the practice, to some extent, after the age of 30, when he was without male comradeship.

The nocturnal emissions, after he had abandoned self-abuse, became very frequent and exhausting. They were medically treated by tonics such as quinine and strychnine. He thinks this treatment exaggerated his neurosis.

All this time, no kind of sexual feeling for girls made itself felt. He could not understand what his schoolfellows found in women, or the stories they told about wantonness and delight of coitus.

His old dreams about the sailors had disappeared. But now he enjoyed visions of beautiful young men and, exquisite statues; he often shed tears when he thought of them. These dreams persisted for years. But another kind gradually usurped their place to some extent. These second visions took the form of the large, erect organs of naked, young grooms or peasants. These gross visions offended his taste and hurt him, though, at the same time, they evoked a strong, active desire for possession; he took a strange, poetic pleasure in the ideal form. But the seminal losses which accompanied both kinds of dreams were a perpetual source of misery to him.

There is no doubt that at this time—that is, between the fifteenth and seventeenth years—a homosexual diathesis had become established. He never frequented loose women, though he sometimes thought that would be the best way of combating his growing inclination for males. And he thinks that he might have brought himself to indulge freely in purely sexual pleasure with women if he made their first acquaintance in a male costume, as *débardeuses*, *Cherubino*, court-pages, young halberdiers, as it is only when so clothed that women on the stage or in the ball-room have excited him.

His ideal of morality and fear of venereal infection, more than physical incapacity, kept him what is called chaste. He never dreamed of women, never sought their society, never felt the slightest sexual excitement in their presence, never idealized them. Esthetically, he thought them far less beautiful than men. Statues and pictures of naked women had no attraction for him, while all objects of art which represented handsome males deeply stirred him.

It was in his eighteenth year that an event occurred which he regards as decisive in his development. He read Plato. A new world

opened, and he felt that his own nature had been revealed. Next year he formed a passionate, but pure, friendship with a boy of 15. Personal contact with the boy caused erection, extreme agitation, and aching pleasure, but not ejaculation. Through four years he never saw the boy naked or touched him pruriently. Only twice he kissed him. He says that these two kisses were the most perfect joys he ever felt.

His father now became seriously anxious both about his health and his reputation. He warned him of the social and legal dangers attending his temperament. But he did not encourage him to try coitus with women. He himself thinks that his own sense of danger might have made this method successful, or that, at all events, the habit of intercourse with women might have lessened neurosis and diverted his mind to some extent from homosexual thoughts.

A period of great pain and anxiety now opened for him. But his neurasthenia increased; he suffered from insomnia, obscure cerebral discomfort, stammering, chronic conjunctivitis, inability to concentrate his attention, and dejection. Meanwhile his homosexual emotions strengthened, and assumed a more sensual character. He abstained from indulging them, as also from onanism, but he was often forced, with shame and reluctance, to frequent places—baths, urinaries, and so forth—where there were opportunities of seeing naked men.

Having no passion for women, it was easy to avoid them. Yet they inspired him with no exact horror. He used to dream of finding an exit from his painful situation by cohabitation with some coarse, boyish girl of the people; but his dread of syphilis stood in the way. He felt, however, that he must conquer himself by efforts of will, and by a persistent direction of his thoughts to heterosexual images. He sought the society of distinguished women. Once he coaxed up a romantic affection for a young girl of 15, which came to nothing, probably because the girl felt the want of absolute passion in his wooing. She excited his imagination, and he really loved her; but she did not, even in the closest contact, stimulate his sexual appetite. Once, when he kissed her just after she had risen from bed in the morning, a curious physical repugnance came over him, attended with a sad feeling of disappointment.

He was strongly advised to marry by physicians. At last he did so. He found that he was potent, and begot several children, but he also found, to his disappointment, that the tyranny of the male genital organs on his fancy increased. Owing to this cause his physical, mental, and moral discomfort became acute. His health gave way.

At about the age of 30, unable to endure his position any longer, he at last yielded to his sexual inclinations. As he began to do this, he also began to regain calm and comparative health. He formed a close

alliance with a youth of 19. This *liaison* was largely sentimental, and marked by a kind of etherealized sensuality. It involved no sexual acts beyond kissing, naked contact, and rare involuntary emissions. About the age of 36 he began freely to follow homosexual inclinations. After this he rapidly recovered his health. The neurotic disturbances subsided.

He has always loved men younger than himself. At about the age of 27, he had begun to admire young soldiers. Since he yielded freely to his inclinations the men he has sought are invariably persons of a lower social rank than his own. He carried on one *liaison* continuously for twelve years; it began without passion on the friend's side, but gradually grew to nearly equal strength on both sides. He is not attracted by uniforms, but seeks some uncontaminated child of nature.

The methods of satisfaction have varied with the phases of his passion. At first they were romantic and Platonic, when a hand-touch, a rare kiss, or mere presence sufficed. In the second period sleeping side by side, inspection of the naked body of the loved man, embracements, and occasional emissions after prolonged contact. In the third period the gratification became more frankly sensual. It took every shape: mutual masturbation, intercrural coitus, *fellatio*, *irrumatio*, and occasionally active *pedicatio*; always according to the inclination or concession of the beloved male.

He himself always plays the active, masculine part. He never yields himself to the other, and he asserts that he never has the joy of finding himself desired with ardor equal to his own. He does not shrink from passive *pedicatio*; but it is never demanded of him. Coitus with males, as above described, always seems to him healthily and natural; it leaves a deep sense of well-being, and has cemented durable friendships. He has always sought to form permanent ties with the men whom he has adored so excessively.

He is of medium height, not robust, but with great nervous energy, with strong power of will and self-control, able to resist fatigue and changes of external circumstances.

In boyhood he had no liking for female occupations, or for the society of girls, preferring study and solitude. He avoided games and the noisy occupations of boys, but was only non-masculine in his indifference to sport, was never feminine in dress or habit. He never succeeded in his attempts to whistle. He is a great smoker, and has at times drunk much. He likes riding, skating, and climbing, but is a poor horseman, and is clumsy with his hands. He has no capacity for the fine arts and music, though much interested in them, and is a prolific author.

He has suffered extremely throughout life owing to his sense of the difference between himself and normal human beings. No pleasure he has

enjoyed, he declares, can equal a thousandth part of the pain caused by the internal consciousness of pariahdom. The utmost he can plead in his own defense, he admits, is irresponsibility, for he acknowledges that his impulse may be morbid. But he feels absolutely certain that in early life his health was ruined and his moral repose destroyed owing to the perpetual conflict with his own inborn nature, and that relief and strength came with indulgence. Although he always has before him the terror of discovery, he is convinced that his sexual dealings with men have been thoroughly wholesome to himself, largely increasing his physical, moral, and intellectual energy, and not injurious to others. He has no sense whatever of moral wrong in his actions, and he regards the attitude of society toward those in his position as utterly unjust and founded on false principles.

The next case is, like the foregoing, that of a successful man of letters who also passed through a long period of mental conflict before he became reconciled to his homosexual instincts. He belongs to a family who are all healthy and have shown marked ability in different intellectual departments. He feels certain that one of his brothers is as absolute an invert as himself and that another is attracted to both sexes. I am indebted to him for the following detailed narrative, describing his emotions and experiences in childhood, which I regard as of very great interest, not only as a contribution to the psychology of inversion, but to the embryology of the sexual emotions generally. We here see described, in an unduly precocious and hyper-esthetic form, ideas and feelings which, in a slighter and more fragmentary shape, may be paralleled in the early experiences of many normal men and women. But it must be rare to find so many points in sexual psychology so definitely illustrated in a single child. It may be added that the narrative is also not without interest as a study in the evolution of a man of letters; a child whose imagination was thus early exercised and developed was predestined for a literary career.

HISTORY XXI.—“Almost the earliest recollection I have is of a dream, which, from my vivid recollection of its details, must have repeated itself, I think, more than once, unless my waking thoughts unconsciously added definition. From this dream dated my consciousness of the attraction to me of my own sex, which has ever since dominated

my life. The dream, suggested in part, I think, by a picture in an illustrated newspaper of a mob murdering a church dignitary, took this form: I dreamed that I saw my own father murdered by a gang of ruffians, but I do not remember that I felt any grief, though I was actually an exceedingly affectionate child. The body was then stripped of its clothing and eviscerated. I had at the time no notion of anatomical details; but the particulars remain distinct to my mind's eye, of entrails uniformly brown, the color of dung, and there was no accompaniment of blood. When the abdomen had been emptied, the incident in which I became an active participant occurred. I was seized (and the fact that I was overpowered contributed to the agony of delight it afforded me) and was laid between the thighs of my murdered parent; and from there I had presently crawled my way into the evacuated abdomen. The act, so far as I can decide of a dream at an age when emission was out of the question, caused in me extreme organic excitement. At all events, I used afterward definitely to recur to it in the waking moments before sleep for the purpose of gaining a state of erection. The dream had no outcome; it seemed to reach its goal in the excitement it caused. I was at that time between 3 and 4 years old. (I have been told that erections occurred when I was only 2 years old. It was between 3 and 4 that I used to induce, at all events, the *sensation* of an erection. But I was nearer 5 when, sitting on my bed and waiting to be dressed, I got an involuntary erection and called my nurse's attention to it, asking what it meant. The *appearance* must, therefore, have been usual to me at that date, but certainly the *sensation* was not.)

"At that time I was totally ignorant of the conditions of puberty, which afterward, when I discovered them, so powerfully affected me. I could not even visualize the private organs of a man; I made no deductions from myself. The only naked bodies I had seen then—I judge from circumstances, not from any actual memory of the facts—were those of my own sisters. In the waking dreams which I began to construct, though I recurred often to the one already narrated, the goal of my desire was generally to nestle between the thighs or to have my face pressed against the hinder parts of the object of my worship. But for a time my first dream so engrossed me that I did not indulge in any promiscuity. Gradually, however, my horizon enlarged, and took in, besides the first mentioned, three others: a cousin very much my elder, an uncle, and the curate of the parish.

"At this stage I began to invent circumstances for the indulgence of my passion. One of the earliest was to imagine myself in a tank with my three lovers floating in the water above me. From this position I visited their limbs in turn; the attraction rested in the thighs and but-

tocks only. I fancy this limitation of the charm to the lower parts only lasted until actual experience of a more complete embrace made me as much a lover of the arms and breast; indeed, later I became more emotionally enamored of these parts than of all the rest. At the beginning of things I simply loved best what my mind could first get hold of.

"Quite early in my experience, when I was not more than 5, I awoke earlier than usual, and saw my nurse standing in complete nudity, commencing her toilet. She seemed to me a gross, coarse, and meaningless object; the hair under her armpits displeased me, and still more that on the lower part of her body. In the case of men, directly I came to have cognizance of the same thing on their bodies, the effect was exactly the opposite. It so happened that about this time the gardener had received some injury to his leg, and in showing the bruise to another exhibited before my eyes a skin completely shagged over with dark hair. Though the sight of the bruise repulsed me, my pleasure was intense, and the vision of the gardener's legs was in my bed every night for a week afterward. My point is that the sight of my nurse was liable to rouse interest just as much as the far more prosaic display of the gardener's wounded leg, but my nature made it impossible.

"It was about this time, if not before, that an enormous sense of shyness with regard to all my private duties began to afflict me. So great was it that I could endure from no hand except my mother's or my nurse's the necessary assistance in the buttoning and unbuttoning of my garments, always excepting those who were about my own age, toward whom I felt no privacy whatever.

"When I was a little more than 5 I formed a friendship with a young clerk, a youth of about 15, though he seemed to me a grown-up person. One day, as he sat at his desk writing, I sat down and began playing with his feet, investigating the height to which his socks went under his trousers; in this way I obtained six inches of bare leg. Conscious of my courage I fell to kissing it. My friend laughed, but left me to my devotions in peace. This was the first time in which a feeling of romance mixed itself in my dreams; the physical excitement was less, but the pleasure was greater. I cannot understand why I never repeated the experience. He remained to me an object of very, special and tender consideration.

"In the next episode I have to relate the ideal was totally absent, and the part I played was passive rather than active. I was put to sleep with a boy considerably my senior. His initiation led to a physical familiarity between us which was not warm or kind, and I was allowed no scope for my own instinctive desires for a warmer kind of contact; if I sought it under cover of my companion's slumbers I found myself

kicked away. Only on one occasion did I find a few moments of supreme charm, while his sleep remained sound, by discovering in the recesses of the sheet an exposed surface of flesh against which I pressed my face in an abandonment of joy. For the rest I was a passive participant, his pleasure seeming to end in the mere handling of the fleshy portions of my body. For this purpose I usually lay face downward across his knees. So far as I can remember, this intimacy led to a decrease in my pursuit of imaginative pleasures; for about a year no further development took place.

"At about this date I was circumcised on account of the prepuce being too long.

"Between the 6th and 7th years a change of environment brought me into contact with a new set of faces. I had then a bed to myself, and once more my imagination awoke to life. It was at this time that I found myself constructing from men's faces suppositions as to the rest of their bodies: a brown face led me to suppose a uniformly brown body, a pale face a pale body. This idea of variety began to charm me. I now made definite choice in my reveries whether I would go to sleep between white thighs, or red thighs, or brown thighs. Going to sleep definitely describes the goal of the method to which I had addicted myself. As soon as I entered my bed I abandoned myself to the construction of an amour and retained it as long as I had consciousness. I may say that I was not conscious of any emissions under these circumstances (until some years later, when I brought it about by my own act), but the pleasure was fairly acute.

"All this time there were secret meetings with my bedfellow of the year before. But they now took place by day, in various hiding-places, with little unclothing or exposure, and my companion was cold and fastidious and repelled any warmth on my part; it became to me a dry sort of ritual. I had an idea at that time that the whole thing was so much an original invention of his and mine that there was no likelihood of it being practised by anyone else in the world. But this consideration did not restrain me in constructing love scenes with all those whose appearance attracted me. At this period nearly every man with whom I came in contact won at least my transient desire; only the quite old and deformed lay outside the scope of my wishes. Many of my amours developed in church; the men who sat near me were the objects of my attention, and the clergyman, whose sermon I did not listen to, supplied me with an occasion for reverie on the charms his person would have for me under other circumstances. It must have been at this time that I began to elaborate ideas of a serried rank of congregated thighs across which I lay and was dragged. I would arrange them in definite order and then imagine myself drawn across from one

to the other somewhat forcibly. Admiration or strength was beginning at this time to have a definite part in my conceptions, but anything of the nature of cruelty had not then appealed to me. (I except the original dream of my childhood, which seems to me still to stand fantastically apart.) In the inventions to which I now gave myself the sense of being passed across limbs of different texture and color was subtle and pleasurable. I think the note of constructive cruelty which now followed arose from an imagined rivalry among my lovers for possession of me; the idea that I was desired made me soon take a delight in imagining myself torn and snatched about by the contending parties. Presently out of this I began constructing definite scenes of violence. I was able in imagination to lie in the thick and stress of conglomerated deliciousness of thighs struggling to hold me; I was able to imagine at least six bodies encircling me with passionate contact. At the same time I had an ingrained feeling of my own physical smallness in relation to the limbs whose contact threw me into such paroxysms of delight. A new and sufficiently ludicrous invention took possession of me; I imagined myself strapped to the thigh (always, I think, the right one) of the man on whom I chose, for the time, to concentrate my desires, and so to be worn by him during his day's work, hidden beneath his garments. I was not conscious of any difficulty due to my size. The charm of bondage and compulsion was here, again, in the ascendant. I fancy that it was in this connection that I first anticipated whipping as the delightful climax to my emotions, administered when my possessor, at the end of his day's work, unclothed himself for rest.

"Up to this stage my attraction to the male organ of generation had been slight and vague. Two things now contributed to bring thought of it into prominence. On two or three occasions when I accompanied farm laborers to their occupations I saw them pause by the way to relieve nature. My extreme shyness as regards such matters in my own person made this performance in my presence like an outrage on my modesty; it had about it the suggestion of an indecent solicitation to one whose inclination was to headlong and delirious surrender. I stood rooted and flushing with downcast eyes till the act was over and was conscious for a considerable time of stammering speech and bewildered faculties. When I afterward reviewed the circumstances they had the same attraction for me that amorous cruelty was just then beginning to exercise on my imagination. My mind secretly embraced the fearful sweetness of the newly discovered sensation, surrounding the performance of the function with all sorts of atrocious and bizarre inventions. For a time my intellect hung back from accepting this as the central and most fiery secret of the male attraction; but shortly afterward, when out walking with my father, I saw him perform the same

act; I was overwhelmed with emotion and could barely drag my feet from the spot or my eyes from the damp herbage where he had deposited the waters of secrecy. Even today, when my mind has been long accustomed to the knowledge of generative facts, I cannot dissociate myself from the shuddering charm that moment had for me. The attraction my father's person had always had for me was now increased tenfold by the performance I had witnessed (though I had not seen the penis in any of these cases).

"For a considerable time only those lovers were dominant in my imagination whom I had witnessed in the act that had so poignantly affected me. My delight now took the form of imagining myself strapped to the thighs of the person while this function was in progress.

"By this time I must have been 8 years old. The cold and secret relationship of which I have given an account had continued without instructing me in any of the ardent possibilities it might have suggested; no force or cruelty was used upon me, no warmth was lavished. It made little difference that my companion had now discovered the act of masturbation; it had no meaning to me, since it led to no warmth of embrace. His method was to avert himself from me; I had to fawn upon him from the rear and also to invent indecent stories to stimulate his imagination. I felt myself a despised instrument, the mere spectator of an act which, if directed toward me with any warmth, would have aroused the liveliest appetite. At this time, as I have since seen, my companion was gaining knowledge from the ancient classics. For a time some charm was imparted by his instructing me to adopt a superincumbent face-to-face embrace. The beginning of his puberty was enormously attractive to me; had he been less cold-blooded I could have responded passionately to his endearments; but he always insisted on rigorous passivity on my part, and he explained nothing. One day, by a small gratuity, he induced me to offer him my mouth, though I still had no comprehension of the result I was helping to attain. Once the orgasm occurred, and the effect was extremely nauseous; after that he was more careful. My companion was approaching manhood, and his demands became more frequent, his exactions more humiliating.

"At the same time my passion for male love was growing stronger. I was able to construct from the unsatisfactory bondage in which I was held images of bodily embrace which I had not before had sufficient sense of human contact to form, though I seldom imagined any of the acts that in actual experience repulsed me. One day, however, I shirked a particularly repulsive humiliation which my companion had forced upon me. He discovered the deception, rose from the prone position in which he lay, and throwing me across his knees thrashed me violently. I submitted without a struggle, experiencing a curious sensation of

pleasure in the midst of my pain. When he repeated his order I found its accomplishment no longer repulsive. One of the few pleasurable memories this intimacy, extending over years, has left for me is that moment of abject abasement to one who, with no warmth of feeling, had yet once had sufficient energy to be brutal to me.

"It must have been from this incident that the calculated effect of flagellation began to have weight with me when I indulged my imagination. A wish to be repulsed, trampled, violated by the object of my passion took hold of my instincts. Even then—and, indeed, up to my 13th year—I had no idea of normal sexual connection. I knew vaguely that children were born from women's bodies; I did not know—and when told I did not believe—the true facts of the marital relationship. All that I had experienced—both in fact and imagination—was to me so highly individual that I had no notion anything kindred to it could exist outside of my own experience. I had no notion of sex as the basis of life. Even when I came gradually to realize that men and women were formed in a way that argued connection with each other, I still believed it to be a dissolute sort of conduct, not to be indulged in by those who had claims to respectability.

"I had, however, by this time arrived at a strong attraction toward the organs of generation and all aspects of puberty, and my imagination spent itself in a fantastic worship of every sign of masculinity. My enjoyment now was to imagine myself forced to undergo physical humiliation and submission to the caprice of my male captors, and the central fact became the discharge of urine from my lover over my body and limbs, or, if I were very fond of him, I let it be in my face. This was followed usually by a half-caressing castigation, in which the hand only was instrumental.

"The period of which I am now writing was that of my entry into school life. My imaginary lovers immediately became numerous; all the masters and all the boys above a certain age attracted me; for two I had in addition a feeling of romantic as well as physical attachment. Indeed, from this time onward I was never without some heroes toward whom I indulged a perfectly separate and tenderly ideal passion. The announcement that one was about to leave surprised me into a passionate fit of weeping; yet my reserve was so great and my sense of isolation so crushing that I made no effort at intimacy, and to one for whom I felt inexhaustible devotion I barely spoke for the first three years, though meeting him daily. At this time the subjects of my contemplation had distinctly individualized methods of approach. Thus in one case I imagined we stood face to face in our night-gear; suddenly mine was stripped from me; I was seized and forcibly thrust under his and made to hang with my feet off the ground by my full weight on the erect

organ which inserted itself between my thighs; so suspended—my body enveloped in the folds of his linen and my face pressed upon his heart—I underwent a castigation which continued until I was thrown down to receive a discharge of urine over my prostrate body. Such images seemed to come independently of my will.

"It was at this time that I found a large pleasure in imagining contact with people whom I disliked; the prevailing note of these intimacies was always cruelty, to which I submitted with acute relish. I discovered, however, from the ordinary school experiences of corporal punishment, that it had no charm to me when administered for school offenses, even from the hands under which at other times I imagined myself as delighting to receive pain. The necessary link was lacking; had I perceived on the part of my judge any liking for the operation, there would probably have been a response on my side. On one occasion I was flogged unjustly; conscious as I was of its cruel instead of judiciary character, this was the only castigation I received which had in it an element of gratification for my instincts. At the same time I never forgave the hand that administered it; it is the only instance I remember in myself of a grudge nourished for years.

"Meanwhile, amid this chaos of confused love and hatred, of relish for cruelty and loathing for injustice, my first thoroughly romantic and ideal attachment was developing itself. I may say, of those to whom romance as well as physical attachment bound me, that they have remained unchangeable parts of my nature. Today, as it was twenty years ago, when I think of them the blood gushes to my brain, my hands tingle and moisten with an emotion I cannot subdue: I am at their feet worshipping them. Of them my dreams were entirely tender; the idea of cruelty never touched the conception I had of them. But I return to that one who was the chief influence of my youth: older than myself by only three years, he was of fine build and athletic, with adolescence showing in his face; my tremulous beginnings of worship were confirmed by a word of encouragement thrown to me one day as I went to receive my first flogging; no doubt my small, scared face excited his kind pity. I made it my concern afterward to let him know that I had not cried under the ordeal, and I believe he passed the word around that I had taken my punishment pluckily. So little contact had I with him that beyond constant worship on my part I remember nothing till, about three years later, I received from him a kind, half-joking solicitation, spoken in clean and simple language. So terrific was my shyness and secrecy that I had even then no idea that familiarity of the sort was common enough in schools. I was absolutely unable to connect my own sensations with those of the world at large or to believe that others felt as I did. On this occasion I simply felt that some shrewd thrust had

been made at me for the detection of my secret. He had drawn me upon his knee; I sat there silent, flushing and dumbfounded. He made no attempt to press me; he had, as he thought, said enough if I chose to be reciprocal; beyond that he would not tempt me. A few years ago I heard of him married and prosperous.

"In following up my emotions in this direction I have far outstripped the period up to which I have given a complete exposition of my development. I must have been more than 12 years old before school life persuaded me to face (as taught by sniggering novices) the actual facts of sexual intercourse. At the same time I learned that I had means of extracting enjoyment from my own body in a definite direction which I had not till then suspected. A growing resistance on my part to his cold desires had led to a break with my former intimate; to the last he had taught me nothing, except distaste for himself. I now found ready teachers right and left of me. One of my schoolfellows invited me to watch him in the process of masturbation; the spectacle left me quite unmoved; the result appeared to me far less exciting than the discharge of urine which, until then, I had associated with male virility. I was so accustomed to my own lone amorous broodings that the effort and action required for this process, when I attempted to imitate it, disconcerted my thoughts and interfered with concentration on my own inventions. I had never experienced the pleasure accompanying the spasm of emission, and there seemed to be nothing worth trying for along that road. I desisted and returned to my reveries. I was now in a perfect maze of promiscuity; there must have been at least fifty people who attracted me at that time. I developed a liking for imagining myself between two lovers, generally men who were physical contrasts. It was my habit to analyze as minutely as possible those who attracted me. To gain intimacy with what was below the surface I studied with attention their hands, the wrists where they disappeared (showing the hair of the forearm), and the neck; I estimated the comparative size of the generative organs, the formation of the thighs and buttocks, and thus constructed a presentment of the whole man. The more vividly I could do this, the keener was the pleasure I was able to obtain from their contemplated embraces.

"Till now I had been absolutely untouched by any moral scruples. I had the usual acquiescence in the religious beliefs in which I had been trained; it did not enter my head that there was any divine law, one way or the other, concerning the allurements of the imagination. From my thirteenth year slight hints of uneasiness began to creep into my conscience. I began perhaps to understand that the formulas of religion, to which I had listened all my life with as little attention as possible, had some meaning which now and then touched the circumstances of

my own life. I had not yet realized that my past foretold my future, and that women would be to me a repulsion instead of an attraction where things sexual were concerned. I had the full conviction that one day I should be married; I had also some fear that as I grew to manhood I might succumb to the temptations of loose women. I had an incipient revulsion from such a fate, and this seemed to me to indicate that moral stirrings were at work within me. One night I was amorously attacked in my bedroom by two of the domestics. I experienced an acute horror which I hid under laughter; my resistance was so desperate that I escaped with a tickling. I had been accustomed to sit on the servants' knees, a habit I had innocently retained from childhood; I can now recall in detail the approaches these women had been used to make me. At the time I was utterly oblivious that anything was intended.

"I was equally oblivious to things that had a nearer relation to my own feelings. In passing along a side-street one night I was overtaken by a man who began conversation on the weather. He asked me if I were not cold, began passing his hand up and down my back; then came a question about caning at school, whether certain parts of me were not sore, leading to an investigating touch. I put his hand aside shyly, but did not resent the action. Presently he was for exploring my trousers pockets and I began to think him a pickpocket; repulsed in that direction, he returned to rubbing my back. The sensation was pleasant. I now took him for a pimp who wished to take me to a prostitute, and as at that time I had begun to realize that such pleasures were not to my taste I was glad to find myself at my destination, and said good-bye sharply, leaving him standing full of astonishment at his failure with one who had taken his advances so pleasantly. I could not bring myself to believe that others had the same feelings as myself. Later I realized my escape, not without a certain amount of regret, and constructed for my own pleasure a different termination to the incident.

"I was now so possessed by masculine attraction that I became a lover of all the heroes I read of in books. Some became as vivid to me as those with whom I was living in daily contact. For a time I became an ardent lover of Napoleon (the incident of his anticipation of the nuptials with his second wife attracting me by its impetuous brutality), of Edward I, and of Julius Cæsar. Charles II I remember by a caressing cruelty with which my imagination gifted him. Jugurtha was a great acquisition. Bothwell, Judge Jefferies, and many villains of history and fiction appealed to me by their cruelty.

"I had become an adept in the mental construction necessary for the satisfaction of my desires. And yet up to that date I had never seen the nude body of a full-grown adult. I had no knowledge of the extent to which hair in certain instances develops on the torso; in-

deed, my efforts at characterization centered, for the most part, around the thighs and generative organs. At this time one of my schoolfellows saw a common workman, known to me by name, bathing in a stream with some companions; all his body was, my informant told me, covered with hair from throat to belly. In face the man was coarse and repulsive, but I now began to regard him as a lovely monstrosity, and for many nights embraced the vision of him passionately, with face buried in the jungle growth of hair that covered his chest. I was, for the first time, conscious of deliberately (and successfully) willing, not to see his face, which was distasteful to me. At the same time another schoolfellow told me, concerning a master who bathed with the boys, that hair showed above his bathing-drawers as high as the navel. I now began definitely to construct bodies in detail; the suggestion of extensive hairiness madened me with delight, but remained in my mind strongly associated with cruelty; my hairy lovers never behaved to me with tenderness; every thing at this period, I think, tended to draw me toward force and violence as an expression of amateness. A schoolfellow, a few years my senior, of a cruel, bullying disposition, took a particular delight in inflicting pain on me: he had particularly pointed shoes, and it was his custom to make me stand with my back to him while he addressed me in petting and caressing tones; just when his words were at their kindest he would inflict a sharp stroke with the toe of his boot so as to reach the most tender part of my fundament; the pain was exquisite; I was conscious that he experienced sexual pleasure (I had seen definite signs of it beneath his clothing), and, though loathing him, I would, after I had suffered from his kicks, throw myself into his imaginary embraces and indulge in a perfect rage of abject submission. Yet all the time I would gladly have killed him.

"At the age of 14 I went, for a time, to a farm-house, where I was allowed to mingle familiarly with the farm-laborers, a fine set of muscular young men. I became a great favorite, and, having childish, caressing manners a good deal behind my real age, I was allowed to take many liberties with them. They all lived under the farmer's roof in the old-fashioned way, and in the evening I used to sit on their knees and caress and hug them to my heart's content. They took it phlegmatically; it apparently gave them no surprise. One of the men used to return my squeezes and caresses and once allowed me to put my hand under his shirt, but there were no further liberties.

"It was not until I was nearly 15 that the event happened which made me, for the first time, restless in my enforced solitude. I was verging on puberty, and perhaps in the hope that I should find my own development met by a corresponding warmth I again came into intimate relations with the companion whose frigid performances had caused me

weariness and disgust. He was now a man, having reached majority. He put me into his bed while he undressed himself and came toward me in perfect nudity. In a moment we were in each other's arms and the deliciousness of that moment intoxicated me. Suddenly, lying on the bed, I felt attacked, as I thought, by an imperative need to make water. I leaped up with a hurried excuse, but already the paroxysm had subsided. No discharge came to my relief, yet the need seemed to have passed. I returned to my companion, but the glamour of the meeting was already over. My companion evidently found more pleasure in my person than when I was a mere child; I felt moved and flattered by the pleasure he took in pressing his face against certain parts of my body. On a second occasion, one day, I seemed involuntarily about to transgress decency, but again, as before, separated myself, and remained ignorant of what it was on which I had verged in my excitement. At another meeting, however, I had been allowed to prolong my embrace and to act, indeed, upon my full instincts. Once more I felt suddenly the coming of something acutely impending; I took my courage in my hands and went boldly forward. In another moment I had hold of the mysterious secret of masculine energy, to which all my years of delirious imaginings had been but as a waiting at the threshold, the knocking on a closed door.

"It was inevitable that from that day our intimacy should dwindle into dissolution (though other causes anticipated this natural decay), but I no longer found masturbation a dry and wearisome formula. In my novitiate I was disheartened to find how long it took me to dissociate myself from the contemplative and attach myself to the active form of self-gratification. But I presently found myself committed to the repetition of the act three times a day. On almost the last occasion I met my intimate he showed an exceptional ardor. At that meeting he proposed to attempt an act I had not previously considered possible, far less had I heard that it was considered the worst criminal connection that could take place. I had a slight fear of pain, but was willing to gratify him, and for the first time found in my submission a union of the two amative instincts which had before disputed sway in me: the instinct for tenderness and the instinct for cruelty. *Pedication* failed to take place, but I received an embrace which for the first time gave me full satisfaction. My delight was enormous; I was filled with emotions. I have no words to describe the extraordinary charm of the warm, smooth flesh upon mine, and the rougher contact of the hairy parts. Yet I was conscious, even at the time, that this was but the physical side of pleasure, and that he was not and never could be one whom I might truly be said to love.

"I was now in my sixteenth year, and under the influence of these and many other emotions then, for the first time, beginning to seize

me, a sense of literary power and a desire to express myself through imaginative channels began to take hold of me. I feared that my indulgence was having an enfeebling power on my faculties (I had begun to experience physical languor and depression), and certain religious scruples, the result of my early training, took hold of me. For the first time I became conscious that the ardors I felt toward my own sex were a diversion of the sex-instinct itself, and to my astonishment and consternation I found by chance the practices I had already indulged in definitely denounced in the Bible as an abomination. From that moment began a struggle which lasted for years. I made a final breach with my former intimate, and thereupon a long dispute took place between the conflicting influences that strove for possession of my body. For a time I broke off the habit of masturbation, but I could not so easily rid myself of the mental indulgence, which was now almost an essential sedative for inducing sleep. At this time a visit to the seaside, where, for the first time, I was able to see men bathing in complete nudity, frankly, in the full light of day, plunged me again for a time headforemost into imaginative amours, and my scruples and resolutions were slung to the winds. But, on the whole, I had now entered a stage which, for want of a better term, I must describe as the emotionally moral. To whatever depth of indulgence I descended I carried a sense of obliquity with me; I believed that I was a rebel from a law, natural and divine, of which yet no instinct had been implanted in me. I still held unquestioned the truth of the religion I had been brought up in, and my whole life, every thought of my brain, every impulse of my body, were in direct antagonism to the will of God. At times physical desire broke down these barriers, but I practised considerable restraint physically, though not mentally, and made great efforts to conquer my aversion from women and extreme devotion for men, without the slightest success. I was 30, however, before I found a companion to love me in the way my nature required. I am quite a healthy person, and capable of working at very high pressure. Under sexual freedom I have become stronger."

HISTORY XXII.—T. J., aged 50; man of letters. Height 5 feet 7 inches; weight 10 stone, but formerly much less. Belongs to an entirely normal family, all married and with children.

"Owing to the fact that my mother suffered from some malady the whole period of gestation prior to my birth, I came into the world so puny a child, so ill-nourished, that for some time the doctors despaired of my life. Till the age of puberty, though never ill, I suffered greatly from delicate health. I was abnormally sensitive and all my affections and passions extraordinarily developed. Owing to my brothers being much older than myself I was thrown into the society

of my sister. Till 8 years old she was my chief playmate. With her I played with dolls and abandoned myself wholly to the delights of an imaginary land which was much more real to me than the world around me. I never remember learning to read, but at 5 the *Arabian Nights* and Kingsley's *Hereward the Wake* were my favorite books. Living in the country the society of other children was difficult to obtain. My whole affections centered in my father, my mother having died when I was a child. This affection for my father was rather a morbid passion which absorbed my life. I dared not leave his side for fear of a final separation from him. I would wake him when asleep to see if he still lived. To this day, though he died twenty-six years ago, his memory haunts me.

"My first abnormal desires were connected with him. I had seen him occasionally micturating in the garden alleys or out in the country. These occasions excited me terribly, and I would, if possible, wait till he had gone, and touch the humid leaves, drawing a terrible pleasure from the contact. Afterward, though he never suspected it, desire for him became a consuming passion, and I remember on one occasion, when on a holiday, I occupied the same bed with him, the excitement of his propinquity brought on such a formidable attack of heart palpitation that my father called in the family physician on our return home. Needless to say my heart was found quite sound. The desire still remains after all these years, and nothing excites me more even now than the memory of my father in his morning bath.

"The whole world for me in my early childhood was peopled with imaginary beings. While still a young child I would invent stories and relate them to any listener I could find, one such story lasting three years. I was an omnivorous reader, but my favorite reading was poetry. At 7 I could repeat the greater part of Longfellow's poems; Scott followed; then Milton captivated me when I was 14; then came Tennyson, Arnold, Swinburne, and Morris. Later came the Greek and Latin poets. From 7 years on I wrote verses to my father. Till 8 years I was excessively timid of the dark and, indeed, of all loneliness. This passed, however, and developed into an extreme sensitiveness of seeing or meeting people. Even on a country road I would walk miles out of my way to avoid meeting the ordinary yokel. At this period my day-dreams were my favorite occupation. Even to the present day my visions take up the greater part of my life. Though timid I was not wanting in courage. At an early age I would fight boys even older than myself. Later I have risked my life many times in various parts of Europe. As regards sports, I can do a little of everything: swimming, riding, fencing, shooting,—a little of each. Cricket and football I also played passably, but sports never interested me much.

Literature became and is the passion of my life and for some years has remained my sole occupation.

"At 8 years the sexual inversion began to manifest itself, though till I had attained 10 years of age I was practically quite innocent. At 8 years of age, my family removed to another country and I made the acquaintance of a little boy who attracted me sexually. We masturbated in company, without any reason except the pleasure of seeing each other exposed. Then I had connection with him *in anum*. This really at that time was an exception to my ordinary tastes which speedily developed into an intense desire of *fellatio* and later on of intercrural pleasures. This latter perhaps may be accounted for by the visit to our house of a small boy with whom I slept for about a year. Every night during this period, I had intercrural connection with him twice and sometimes three times. Then came a consuming passion for all young boys and very old men. Boys after 14 or 15 ceased to attract me, more particularly when the hair of the pubes began to develop. From 8 to 14, when first I had sexual emissions, I masturbated at every opportunity. From 14 to 27, always once a day, generally twice and sometimes three times a day. At 27 I took rooms and formed acquaintance with the family occupying the house. The boys, one by one, were allowed to sleep with me and I conceived an extraordinary passion for one of them, an attachment which lasted till I finally left England. The attachment was much more that of a man for his wife and had nothing degrading in it. I was wretched when away from him, and as he was very attached to sport of all kinds I suffered 'divers kinds of death' each time that I imagined his life to be endangered. I can honestly say that in each of my attachments, and I have had many, the prevailing sentiment was the delight of protecting a weaker being than myself. Each person whom I have loved has been perfectly normal and all are now fathers of families. Each still regards me with affection and respect in spite of what has passed between us. All my life I have been possessed with the passion for paternity, I could almost say maternity. Willingly would I have suffered the pains of hell could I have borne a son to the person I loved. That I can honestly say has been the dominant instinct of my life. In my passion I have never been brutal, nor save under the influence of wine have I had connection with men over the age of puberty. In Southern Europe my experiences have been the same, a predominant passion for a boy exhibiting itself in every species of protecting care, and though terminating so far as sexual passion was concerned when the boy reached 15 or 16 years, yet still lasting and enduring in an honest and unselfish affection. At the age of 51, I still masturbate once or twice a week, though I long for some person whom I love to share the pleasure

with me. I tried vainly at the age of 27 to bring myself into line with others. Prostitutes caused me horror, whether male or female. I attempted the act of coitus four or five times, twice with women of loose lives and at other times with married women. Save in one case the attempts were either abortive or caused me extreme disgust.

"Practically from the time of puberty I have attracted sexually not only women but men. Women, oddly enough, though I care nothing for them sexually, either hate me or adore me, and I have had five offers of marriage. At the same time up till five years ago, I was pursued by men and have had the oddest experiences both in England and abroad. In the early period of this history I suffered tremendously from the feeling that I was isolated and unique in the world. I strove against the habit of masturbation and my perverted tastes with all my might. Scourges, vigils, burnings, all were of no avail. Deeper reading in the Classics showed me how common was the taste of sex for the same sex. At 27 I began to have a settled philosophy. Then as now, I made endless resolutions to avoid masturbation, though I can see nothing wrong in the mutual act of two persons drawn together by love. I am and always have been an extremely religious man, and if I am not altogether an orthodox Catholic, do my duties and have a high sense of the supernatural. I suffered much from melancholy from my earliest years. At 18, though nothing definitely was wrong, a vague but profound *malaise* induced me to open the veins of my arm. I fainted, however, and was promptly succored. At the age of 35, after a return from abroad, I took an enormous dose of poison. This time again a singular coincidence saved me, and I once more came back to life. After this I purposely went abroad to obtain death and sought it in every possible way. Quite in vain, as you see. One thing I have never had a fear of, but have always longed for—Death. I am sure that if we only knew what joys lay on the other side of death, the whole world would rush madly to suicide. I have, apart from any perversion of taste, an honest and genuine passion for children and animals, and I am never happier than when in their society. Both adore me.

"My life has not dimmed nor deadened my faculties, for I am occupied at the present time with very important work and I write steadily. But my real life is passed in my visions, which take me into another world quite as real as this sensuous one, and where I always retreat on all occasions possible. And yet, a strange paradox—I am a convinced Stoic and almost confine my reading to Epictetus, Marcus Aurelius, and the 'Imitation.' I am extremely emotional, fond of the society of women, though I loathe the sexual side of them, and when I love, though passion is certainly inextricably mixed, the prevailing

sentiment is spiritual. I shall probably end by being a Carthusian or a fakir."

HISTORY XXIII.—Englishman, aged 70, of German descent on father's side. Was first child of his mother, who was 36 at his birth; a younger brother normal; has no other relatives.

He was brought up in England, and went to school at the age of 13. At a very early age, between 6 and 8, was deeply impressed by the handsome face of a young man, a royal trumpeter on horseback, seen in a procession. This, and the sight of the naked body of young men in a rowing-match on the river, caused great commotion, but not of a definitely sexual character. This was increased by the sight of a beautiful male model of a young Turk smoking, with his dress open in front, showing much of the breast and below the waist. He became familiar with pictures, admired the male figures of Italian martyrs, and the full, rich forms of the Antinous, and he read with avidity the *Arabian Nights* and other Oriental tales, translations from the classics, Suetonius, Petronius, etc. He drew naked models in life schools, and delighted in male ballet-dancers. As a child, he used to perform in private theatricals; he excelled in female parts, and sang the songs of Madame Vestris, encouraged in this by his father.

The sexual organs have never been fully developed, and the testicles, though large, are of a flabby consistence. He cannot whistle. He thinks he ought to have been a woman.

At school he was shy and reserved, and had no particular intimacy with anyone, although he once desired it. He learned self-abuse from his younger brother, who had learned it from an older boy. He has never had erotic dreams. He never touched anyone but his brother until later when travelling in Italy, and then only his fellow-traveller. When travelling in Asia Minor he had many opportunities, but always put them aside from fear, afterward regretting his fearfulness. He yearned for intimacy with particular friends, but never dared to express it. He went much to theaters, and what he saw there incited him to masturbation. When he was about 30 years of age his reserve, and his fear of treachery and extortion, were at last overcome by an incident which occurred late at night at the Royal Exchange, and again in a dark recess in the gallery of the Olympic Theater when Gustavus Brooke was performing. From that time the Adelphi Theater, the Italian Opera, and the open parks at night became his fields of adventure. He remarks that among people crowding to witness a fire he found many opportunities. His especial intimates were a railway clerk and an Italian model. In more recent years he has chiefly found gratification among footmen and policemen.

He is exclusively passive; also likes mutual *fellatio*. He used

greatly to admire finely developed forms (conscious of his own shortcomings), shapely limbs, and delicate brown hair, and always admired strength and manly vigor. He never took any interest in boys, and has always been indifferent to women.

HISTORY XXIV.—A medical man, English, aged 30. He believes that his father, who was a magistrate, was very sympathetic toward men; on several occasions he has sat with him on the bench when cases of indecent assault were brought up; he discharged three cases, although there could be little doubt as to their guilt, and was very lenient to the others.

From the age of 9 he loved to sleep with his brother, ten years older, who was in the navy; they slept in different beds, and the child went to bed early, but he always kept awake to see his brother undress, as he adored his naked body; and would then get into his bed. He learned the habit of masturbation from his brother at the age of 9; at that time there was no sexual orgasm, but watching it in his brother was a perpetual source of wonder and pleasure. During his brother's absence at sea the boy longed for his return and would practice self-abuse with the thought of his brother's naked body before him. This brother's death was a source of great grief. At the age of 12 he went to boarding-school and was constantly falling in love with good-looking boys. He was always taken into one of the bigger boys' beds. At this age he was thoroughly able to enjoy the sexual orgasm with boys. His erotic dreams have always been of men and especially of boys; he has never dreamed sexually of women. From the age of 9 to the age of 21, when he left school, he never gave women a thought sexually, though he always liked their society. For two years after leaving school he had connection with women, not because he thought there was sin in loving his own sex, but because he regarded it as a thing that no one did after leaving school. During these two years he still really preferred men and used to admire the figures of soldiers and sailors. He then paid a visit to London, which may be described in his own words: "I went to see an old schoolfellow who was living there. In his room was a young fellow, fair, extremely good looking, with a good figure and charming manners. From that moment all my past recollections came back. I could not get him out of my mind; in fact, I was in love with him. I pictured him naked before me as a lovely statue; my dreams were frequent at night, always of him. For a fortnight afterward I practised masturbation with the picture of his lovely face and form always before me. We became fast friends, and from that day women have never entered my thoughts."

Although up to the present he has no wish or intention to marry, he believes that he will eventually do so, because it is thought desirable

in his profession; but he is quite sure that his love and affection for men and boys will never lessen.

In earlier life he preferred men from 20 to 35; now he likes boys from 16 upward; grooms, for instance, who must be good looking, well developed, cleanly, and of a lovable, unchanging nature; but he would prefer gentlemen. He does not care for mere mutual embracing and reciprocal masturbation; when he really loves a man he desires *pedicatio* in which he is himself the passive subject.

He has curly hair and moustache, and well-developed sexual organs. His habits are masculine; he has always enjoyed field sports, and can swim, ride, drive, and skate. At the same time, he is devoted to music, can draw and paint, and is an ardent admirer of male statuary. While fond of practical occupations of every sort, he dislikes anything that is theoretical.

He adds: "As a medical man, I fail to see morally any unhealthiness, or anything that nature should be ashamed of, in connection with, and sympathy for, men."

HISTORY XXV.—A. S. Schoolmaster, aged 46.

"My father was, I should say, below the average in capacity for friendship. He liked young girls, and was never interested in boys. He was a man of strongly Puritanical morality, capable of condemning with gloomy bitterness. He was also a man capable of great sacrifice for principle, and mentally very well endowed. My mother was a clever, practical woman, with wide sympathies. She was capable of warm friendship, especially toward those younger than herself. Her father (whom I never saw) was a teacher. He was devoted to his wife, but also delighted in the company of young men. He had always some young man on his arm, my mother would tell me. My mother's family is of Welsh descent. I learned to read at 5, and I can scarcely have been more than 6 when I used to read again and again David's lament for Absalom. Even now I can dimly recall the siren charm for me of that melancholy refrain, 'O my son Absalom, . . . O Absalom, my son, my son!' Of late, when I have thought of the amount of devotion I have shown to lads, and the amount I have sometimes suffered for them, I have felt as if there were something almost weirdly prophetic in that early incident.

"I was always an impressionable creature. My mother was very musical, and her singing 'got hold' of me wonderfully. The dramatic and the poetic always strongly appealed to me.

"I felt I should like to act; but I never dared. In the same way I felt that one day I should like to be a schoolmaster, but I dared not say so. A shy, retiring creature was obviously unfitted for such occupations. Well the teaching came about, and the strange part

was that the boys were somehow or other attracted by me, and the 'worst' customers were attracted most. And there came a chance of acting too. Owing to some difficulties about the cast in a play at school, I took a part. After that I *knew* that (within a certain range) I could act. I spent two holidays with a dramatic company. I should undoubtedly have remained on the stage, but for one thing. I don't wish to be sanctimonious, but dirty and ugly jokes are odious to me. It was this sort of thing that drove me away. I threw myself into the school work instead.

"It was partly the dramatic interest, partly a quite genuine interest in human nature, that led me to do some preaching too. When I had been badly hurt by one or two youngsters whom I loved, I thought of going in for pastoral work, but this too was given up—and very wisely. I should never be able to work comfortably with any organization. For one thing I have a way of taking on new ideas, and organizations do not like that. For another, all social functions are anathema to me.

"Interest in 'art' as usually understood began to be marked only after I was 30. It started with architecture and passed on to painting and sculpture. The tendency to do rather a variety (too great a variety) of things characterizes many uranians. We are rather like the labile chemical compounds: our molecules readily rearrange themselves.

"As a boy of 10 I had the ordinary sweethearting with a girl of the same age. The incident is worth perhaps a little further comment for the following reason: When I was 16 years old the girl lived with us for a year. She was a nice, pleasant, bright girl, and she thought a great deal of me. I was strongly attracted by her. I remember especially one little incident. I had been showing her how to do some algebra and she was kneeling at the table by the side of my chair. Her hair was flowing over her shoulders and she looked rather charming. She expressed warm admiration of the way I had worked the problem out. I remember that I deliberately squashed out the feeling of attraction that came over me. I scarcely know why I did this; but I fancy there was a vague sense that I did not want my work disturbed. There was no sexual attraction or, at least, none that was manifest. The girl, there is no doubt, grew to love me. I am sorry to say that in two other cases, later, women loved me, and have both permanently remained unmarried on my account. I sometimes feel that in a wisely free society I should be able to give both of these women children. That I believe I could do, and I think it would be an immense satisfaction to them. A permanent union with a woman would, however, be impossible to me. A permanent union with a man would, I believe, be possible. At least I know that attractions which

have been at all homosexual in character have in my case been very lasting.

"I was strongly attracted when not more than 13 to a lad slightly older. It was a love story, there is no doubt, but I do not recollect any outer sexual signs. There were other passing cases, but in no case was there any warm response till I was 15. I then made friends with a lad of entirely different type from myself. I was a reader. I liked long walks and fresh air, but I was too shy to go in for sports. Indeed I was frightfully shy. He was a great sportsman and always at home in society. But he asked me to help him with some work, and we took to working together. I grew passionately fond of him. His caresses always caused some erection. Personally, I believe it would have been wiser to have obtained complete sexual expression. The absence of knowledge led to two distinctly undesirable results. The first was marked congestion and pain at times; the second was a tendency to a sort of modified masochism. There is always, I suppose, some erotic attraction about the buttocks, and of course also, to boys, they afford an irresistibly attractive mark for a good smack. I found that when this lad spanked me it produced some amount of sexual excitement, and the desire for this form of stimulus grew upon me. The result, in my case, was bad. It was sensualism, not love. I can say this with confidence, because in a much later case of deeply passionate love, I shrank from any such method, but the mutual, naked embrace I found was for me an absolutely natural and *pure* expression of love. I never felt any touch of grossness in it, and it destroyed the earlier and (for me at least) less wholesome desire.

"The school friendship disappeared with the marriage of my friend. I was furiously jealous, and the young man's mother was opposed to me, but I still think of that early friendship with tenderness. I know that my boy friend was the first who made me capable of self-expression, the first who taught me how to make friends at all. And if he still cared for me, I know that his love would be dear to me still.

"My chief regret, as I look back, is that I did not know about these things early. I cannot but think that all youngsters should be spoken to about the love of comrades and encouraged to seek help in any sort of trouble that this may bring. We homogenic folk may be but a small percentage of mankind, but our numbers are still great, and surely the making or marring of our lives should count for something. At college I fell violently in love with a friend with whom I did work in science. He loved me too, though not with such heat. He also was largely uranian, but this I only realized a year or two back. He remains unmarried, and is still my friend. We did some research

work together which is pretty well known. I am quite sure that the love we had for each other gave tremendous zest to our work and greatly increased our powers.

"While I was working at college I was interested in a lad who was working as errand boy for a city firm. I helped him to get better training, and spent money on him. My father was making me some allowance at the time and demurred. I said I would in future support myself, and in this way came to take up schoolmastering. I at once became quite absorbed in my work with the boys. Of course I loved them. And here I feel I must touch upon what seems to me a characteristic of most of us uranians. Our genital organs are with us ordinarily and usually organs of *expression*. The clean-minded heterogenic man is apt to look upon such a view of the genital organs as monstrous; we, on the other hand, are compelled (at least for ourselves) to regard it as the natural and pure one. For my own part I had many Puritan prejudices—prejudices that I retained for many a long and weary day—but my affection for those of my own sex so often expressed itself by some sexual stirring, and more or less erection, that I was *obliged* to look upon this as inevitable, and in general I paid no attention to it whatever. It was the older boys who sometimes attracted me strongly. My love for them was I know a genuinely spiritual thing, though inevitably having some physical expression. I was capable of great devotion to them and sacrifice for them, and I would certainly rather have died than have injured them. The boys got on well with me. I was never weak with them, and I was able to allow all kinds of familiarities without any loss of respect. The older boys usually, out of class, called me by my Christian name, and I remember one writing to ask me whether he might do so, as it made him feel 'nearer' to me. A few of the lads I of course loved with special devotion. They kissed me and loved to have me embrace them. One of these was, I now know, pure uranian, and there was in his case certainly some sexual response, but though I often slept with him, when he was a lad of 17 and 18, there was never any idea in our minds of any sexual act. We are still warm friends, and always kiss when we meet. Looking back upon those days, I feel that I was a little inclined to pass on from one love to another, but each was a genuine devotion, and involved real hard work on the lad's behalf. And I know that where the lad stuck to me into manhood a real tenderness and love remain still.

"While teaching I made the acquaintance of a non-conformist minister, who, though happily married, had certainly some homogenic tendencies. He was most devoted to boys, and helped me with regard to some difficult cases. It was the difficult cases that always attracted

me. I had to punish these lads and my friend recommended spanking with the hand on the bare buttocks. I mention that I adopted this method, because it might have been thought specially dangerous to me. It certainly never produced in me the remotest suggestion of any sexual act, though it did sometimes produce a slight amount of sexual excitement. I disregarded this, or put it out of my mind, as I found the method most efficacious. It was capable of great variation of intensity, and the boys were always ready to joke about it. I never came across a case where any sexual excitement was produced by it. The boys whom I had to be most 'down' on almost always, however, grew fonder of me. There may be a slight and normal masochistic tendency in most boys, and *perhaps* the erogonic character of the buttocks has something to do with the development of affection. If so, I am inclined to regard it as normal and useful rather than otherwise, for in my experience no undesirable result was ever produced. But then, of course, there was no playing with the business; that might, I am sure, in some cases be decidedly injurious.

"One experience of my schoolmastering days is, I think, important in its bearing upon general sexual psychology. I always noticed that during the term I was specially free from 'wet dreams.' What is noteworthy is this: During term there was never anything more than a very partial sexual expression of any feeling of mine, such expression indeed as was wholly inevitable. There was therefore no actual loss of semen, and it seems clear that the 'wet dreams' were not due to mere physical pressure. The psychic satisfaction of love in this case made the complete physical expression less urgent. But it was a love of a distinctly tender kind that was needed to keep the physical from obtruding. Of that further experience has made me sure. I am, moreover, now convinced that a *mutual* uranian love will reach its best results, both spiritual and physical, where there is complete sexual expression.

"Of the character of the sexual dreams I have had, there is not much to be said. During the period of masochistic tendency, they were masochistic in character; otherwise they have been dreams simply of the naked embrace. Usually there has been a considerable element of ideal love in the dream. I have not more than three times at most dreamed of intercourse with one of the opposite sex. There was only in one case anything that I could call actual emotion in such a dream. The other dreams have often (not always) been dreams of real yearning, and not at all what I should call merely sensual.

"In the course of time I wanted more freedom to do things in my own way than could be obtained in a public school. I started a school of my own. The work was for a good many years very happy.

I loved the boys, and they loved me. I was active, ardent, and they made a chum of me. But people got into the way of sending me awkward customers. I poured out my love on these, I used myself up for them. Unfortunately (though I was never 'orthodox') my Puritanical morality was still strong within me, my views of human psychology were too limited, and I imposed them on the boys. Some were very devoted; but, as years went by and the proportion of *mauvais sujets* increased, there tended to be a split in the small camp and one or two boys whom I loved deceived me terribly. To a man of my temperament this was heart-rending and from then the work was doomed. Troubles at school went along with troubles at home, and these things contributed to center my affection upon a lad who was with me, and who had given me much trouble. For some reason or other I went on believing that he would get right. Deceit was his great difficulty. He was certainly partly homosexual himself. Looking back I can see that with a wider and more charitable knowledge I could have dealt more wisely and helpfully with certain homosexual episodes of his. I am convinced now that mere sweeping condemnation of the physical is not the wholesome way of help. However, to cut the story short, all seemed at last to go well, and the lad was growing into a young man. Our love deepened, and we always slept together, but quite ascetically. Later, when quite in his young manhood he had left school, there was, unfortunately, misunderstandings with his parents, who forbade him to sleep with me. What followed is of some importance. Up till then, though certainly his affection seemed ardent, I had observed no sexual signs on his part. I had been quite frank with him as to mine. He was then 19, and I thought old enough to have things explained to him. Sleeping with him I had found peaceful and helpful, and more than once he told me that it greatly helped him. But *after we were forbidden to sleep together*, I found the passion in me more difficult to control, and it suddenly leaped out in him. We were still, however, rather ascetic, though we used to kiss each other, and we used to embrace naked. This produced emission not infrequently with me, but only once with him, though always powerful erection. I would not allow any friction. Perhaps this was a mistake. A more complete expression might have helped him.

"All my life I had been hungry for a complete response, and at one time the lad thought he could give it. He was then nearing 20. 'I have never been so happy in my life,' he said. It was a blow to me when I found he had mistaken his own feelings, but I was quite ready to accept what love he could give. I also never dreamed of any sort of insistence on sexual expression. With such love as he could give I was quite ready to make myself content. 'The true measure of love,' wrote a

uranian schoolmaster to me once, 'is self-sacrifice'; not "What will you give?" but "What will you give up?" Not "What will you do for him?" but "What will you forego for his sake?" ' I quote this gladly, for the conventional English moralists regard an invert as a kind of deformed beast. I can only say that I tried to realize the ideal which these words express. No 'moralist' would have helped me one whit. The parents, also, separated us. They have done much harm by their mistake. How difficult it is for parents to allow freedom to their children! Their ideal is successful constraint, not free self-discovery. But in spite of them, and in spite of the separation, I know that my friend and I have helped each other.

"There is one fear parents have which I believe is unwarranted. As far as I have seen, I do not conclude that the early expression of homosexual love prevents heterosexual love from developing later. Where this love is a part of the individual's inborn nature, it will show itself. I do, however, believe that a noble homogenic love in early life will sometimes help a lad to avoid a low standard of heterogenic attachment. The Greeks did well, at their best time, in cultivating and ennobling the homogenic love. Amongst us, as can be understood by all who know the working of society taboos, it is the baser forms that are unhindered, the noblest forms that are debased.

"We urnings are, I think, dependent upon individual love. Many of us, I know, need to work for an individual to do our best. Is this the outcome of the woman in the uranian temperament? And the tragedy of our fate is that we whose souls vibrate only to the touch of the hand of Eros are faced with the fiercest taboo of all that can give our lives meaning. The other taboos have been given up one by one. Will not this, the last of the taboos, soon vanish? I have known lives darkened by it, weakened by it, crushed out by it. How long are the western moralists to maim and brand and persecute where they do not understand?"

The next case belongs to a totally different class from all the preceding histories. These—all British or American—were obtained privately; they are not the inmates of prisons or of asylums, and in most cases they have never consulted a physician concerning their abnormal instincts. They pass through life as ordinary, sometimes as honored, members of society. The following case, which happens to be that of an American, is acquainted with both the prison and the lunatic asylum. There are several points of interest in his history, and he illustrates the

way in which sexual inversion can become a matter of medico-legal importance. I think, however, that I am justified in believing that the proportion of sexually inverted persons who reach the police-court or the lunatic asylum is not much larger in proportion to the number of sexually inverted persons among us than it is among my cases. For the documents on which I have founded the history of Guy Olmstead I am indebted to the kindness of Dr. Talbot, of Chicago, well known from his studies of abnormalities of the jaws and face, so often associated with nervous and mental abnormality. He knew the man who addressed to him the letters from which I here quote:—

HISTORY XXVI.—On the twenty-eighth of March, 1894, at noon, in the open street in Chicago, Guy T. Olmstead fired a revolver at a letter-carrier named William L. Clifford. He came up from behind, and deliberately fired four shots, the first entering Clifford's loins, the other three penetrating the back of his head, so that the man fell and was supposed to be fatally wounded. Olmstead made little attempt to escape, as a crowd rushed up with the usual cry of "Lynch him!" but waved his revolver, exclaiming: "I'll never be taken alive!" and when a police-officer disarmed him: "Don't take my gun; let me finish what I have to do." This was evidently an illusion, as will be seen later on, to an intention to destroy himself. He eagerly entered the prison-van, however, to escape the threatening mob.

Olmstead, who was 30 years of age, was born near Danville, Ill., in which city he lived for many years. Both parents were born in Illinois. His father, some twenty years ago, shot and nearly killed a wealthy coal operator, induced to commit the crime, it is said, by a secret organization of a hundred prominent citizens to whom the victim had made himself obnoxious by bringing suits against them for trivial causes. The victim became insane, but the criminal was never punished, and died a few years later at the age of 44. This man had another son who was considered peculiar.

Guy Olmstead began to show signs of sexual perversity at the age of 12. He was seduced (we are led to believe) by a man who occupied the same bedroom. Olmstead's early history is not clear from the data to hand. It appears that he began his career as a schoolteacher in Connecticut, and that he there married the daughter of a prosperous farmer; but shortly after he "fell in love" with her male cousin, whom he describes as a very handsome young man. This led to a separation from his wife, and he went West.

He was never considered perfectly sane, and from October, 1886, to May, 1889 he was in the Kankakee Insane Asylum. His illness was reported as of three years' duration, and caused by general ill-health; heredity doubtful, habits good, occupation that of a schoolteacher. His condition was diagnosed as paranoia. On admission he was irritable, alternately excited and depressed. He returned home in good condition.

At this period, and again when examined later, Olmstead's physical condition is described as, on the whole, normal and fairly good. Height, 5 feet 8 inches; weight, 159 pounds. Special senses normal; genitals abnormally small, with rudimentary penis. His head is asymmetrical, and is full at the occiput, slightly sunken at the bregma, and the forehead is low. His cephalic index is 78. The hair is sandy, and normal in amount over head, face, and body. His eyes are gray, small, and deeply set; the zygomæ are normal. The nose is large and very thin. There is arrested development of upper jaw. The ears are excessively developed and malformed. The face is very much lined, the nasolabial fissure is deeply cut, and there are well-marked horizontal wrinkles on the forehead, so that he looks at least ten years older than his actual age. The upper jaw is of partial V-shape, the lower well developed. The teeth and their tubercles and the alveolar process are normal. The breasts are full. The body is generally well developed; the hands and feet are large.

Olmstead's history is defective for some years after he left Kankakee. In October, 1892, we hear of him as a letter-carrier in Chicago. During the following summer he developed a passion for William Clifford, a fellow letter-carrier about his own age, also previously a schoolteacher, and regarded as one of the most reliable and efficient men in the service. For a time Clifford seems to have shared this passion, or to have submitted to it, but he quickly ended the relationship and urged his friend to undergo medical treatment, offering to pay the expenses himself. Olmstead continued to write letters of the most passionate description to Clifford, and followed him about constantly until the latter's life was made miserable. In December, 1893, Clifford placed the letters in the postmaster's hands, and Olmstead was requested to resign at once. Olmstead complained to the Civil Service Commission at Washington that he had been dismissed without cause, and also applied for reinstatement, but without success.

In the meanwhile, apparently on the advice of friends, he went into hospital, and in the middle of February, 1894, his testicles were removed. No report from the hospital is to hand. The effect of removing the testicles was far from beneficial, and he began to suffer from hysterical melancholia. A little later he went into hospital again.

On March 19th he wrote to Dr. Talbot from the Mercy Hospital, Chicago: "I returned to Chicago last Wednesday night, but felt so miserable I concluded to enter a hospital again, and so came to Mercy, which is very good as hospitals go. But I might as well go to Hades as far as any hope of my getting well is concerned. I am utterly incorrigible, utterly incurable, and utterly impossible. At home I thought for a time that I was cured, but I was mistaken, and after seeing Clifford last Thursday I have grown worse than ever so far as my passion for him is concerned. Heaven only knows how hard I have tried to make a decent creature out of myself, but my vileness is uncontrollable, and I might as well give up and die. I wonder if the doctors knew that after emasculation it was possible for a man to have erections, commit masturbation, and have the same passion as before. I am ashamed of myself; I hate myself; but I can't help it. I have friends among nice people, play the piano, love music, books, and everything that is beautiful and elevating; yet they can't elevate me, because this load of inborn vileness drags me down and prevents my perfect enjoyment of anything. Doctors are the only ones who understand and know my helplessness before this monster. I think and work till my brain whirls, and I can scarce refrain from crying out my troubles." This letter was written a few days before the crime was committed.

When conveyed to the police station Olmstead completely broke down and wept bitterly, crying: "Oh! Will, Will, come to me! Why don't you kill me and let me go to him!" (At this time he supposed he had killed Clifford.) A letter was found on him, as follows: "Mercy, March 27th. To Him Who Cares to Read: Fearing that my motives in killing Clifford and myself may be misunderstood, I write this to explain the cause of this homicide and suicide. Last summer Clifford and I began a friendship which developed into love." He then recited the details of the friendship, and continued: "After playing a Liszt rhapsody for Clifford over and over, he said that when our time to die came he hoped we would die together, listening to such glorious music as that. Our time has now come to die, but death will not be accompanied by music. Clifford's love has, alas! turned to deadly hatred. For some reason Clifford suddenly ended our relations and friendship." In his cell he behaved in a wildly excited manner, and made several attempts at suicide; so that he had to be closely watched. A few weeks later he wrote to Dr. Talbot: "Cook County Gaol, April 23. I feel as though I had neglected you in not writing you in all this time, though you may not care to hear from me, as I have never done anything but trespass on your kindness. But please do me the justice of thinking that I never expected all this trouble. as

I thought Will and I would be in our graves and at peace long before this. But my plans failed miserably. Poor Will was not dead, and I was grabbed before I could shoot myself. I think Will really shot himself, and I feel certain others will think so, too, when the whole story comes out in court. I can't understand the surprise and indignation my act seemed to engender, as it was perfectly right and natural that Will and I should die together, and nobody else's business. Do you know I believe that poor boy will yet kill himself, for last November when I in my grief and anger told his relations about our marriage he was so frightened, hurt, and angry that he wanted us both to kill ourselves. I acquiesced gladly in this proposal to commit suicide, but he backed out in a day or two. I am glad now that Will is alive, and am glad that I am alive, even with the prospect of years of imprisonment before me, but which I will cheerfully endure for his sake. And yet for the last ten months his influence has so completely controlled me, both body and soul, that if I have done right he should have the credit for my good deeds, and if I have done wrong he should be blamed for the mischief, as I have not been myself at all, but a part of him, and happy to merge my individuality into his."

Olmstead was tried privately in July. No new points were brought out. He was sentenced to the Criminal Insane Asylum. Shortly afterward, while still in the prison at Chicago, he wrote to Dr. Talbot: "As you have been interested in my case from a scientific point of view, there is a little something more I might tell you about myself, but which I have withheld, because I was ashamed to admit certain facts and features of my deplorable weakness. Among the few sexual perverts I have known I have noticed that all are in the habit of often closing the mouth with the lower lip protruding beyond the upper. [Usually due to arrested development of upper jaw.] I noticed the peculiarity in Mr. Clifford before we became intimate, and I have often caught myself at the trick. Before that operation my testicles would swell and become sore and hurt me, and have seemed to do so since, just as a man will sometimes complain that his amputated leg hurts him. Then, too, my breasts would swell, and about the nipples would become hard and sore and red. Since the operation there has never been a day that I have been free from sharp, shooting pains down the abdomen to the scrotum, being worse at the base of the penis. Now that my fate is decided, I will say that really my passion for Mr. Clifford is on the wane, but I don't know whether the improvement is permanent or not. I have absolutely no passion for other men, and have begun to hope now that I can yet outlive my desire for Clifford, or at least control it. I have not yet told of this improvement in my condition, because I wished people to still think I was insane, so that

I would be sure to escape being sent to the penitentiary. I know I was insane at the time I tried to kill both Clifford and myself, and feel that I don't deserve such a dreadful punishment as being sent to a State prison. However, I think it was that operation and my subsequent illness that caused my insanity rather than passion for Clifford. I should very much like to know if you really consider sexual perversion an insanity."

When discharged from the Criminal Insane Asylum, Olmstead returned to Chicago and demanded his testicles from the City Postmaster, whom he accused of being in a systematized conspiracy against him. He asserted that the postmaster was one of the chief agents in a plot against him, dating from before the castration. He was then sent to the Cook Insane Hospital. It seems probable that a condition of paranoia is now firmly established.

The following cases are all bisexual, attraction being felt toward both sexes, usually in predominant degree toward the male:—

HISTORY XXVII.—H. C., American, aged 28, of independent means, unmarried, the elder of two children. His history may best be given in his own words:—

"I am on both sides distantly of English ancestry, the first colonists of my name having come to New England in 1630. Both my mother's and my father's families have been prolific in soldiers and statesmen; my mother's contributed one president to the United States. So far as I am aware, none of my antecedents have betrayed mental vagaries, except a maternal uncle, who, from overstudy, became for a year insane.

"I am a graduate of two universities with degrees in arts and medicine. After a year as physician in a hospital, I relinquished medicine altogether, to follow literature, a predilection since early boyhood.

"I awoke to sexual feeling at the age of 7, when, at a small private school, glimpsing bare thighs above the stockings of girl school-mates, I dimly exulted. This fetishism, as it grew more definite, centered at last upon the thighs and then the whole person of one girl in particular. My first sexually tinged dream was of her—that while she stood near I impinged my penis upon a red-hot anvil and then, in beatific self-immolation, exhibited the charred stump to her wondering, round eyes. This love, however, abated at the coming of a new girl to the school, who, not more beautiful, but more buxom, made stronger appeal to my nascent sexuality. One afternoon, in the loft of her

father's stable, she induced me to disrobe, herself setting the example. The erection our mutual handlings produced on me was without conscious impulse; I felt only a childish curiosity on beholding our genital difference. But the episode started extravagant whimsies, one of which persistently obsessed me: with these obviously compensatory differences, why might not the girl and I effect some sort of copulation? This fantasy, drawn exclusively from that unique experience, charmed with its grotesqueness only, for at that time my sense of sex was but inchoate and my knowledge of it was nothing. The bizarre conceit, submitted to the equally ignorant girl and approved, was borne to the paternal hay-loft and there, with much bungling, brought to surprising and pleasurable consummation.

"In the four ensuing years I repeated the act not seldom with this girl and with others.

"When I was 11 my sister and I were taken by our parents to Europe, where we remained six years, attending school each winter in a different city and, during the summer, travelling in various countries.

"Abroad my lust was gluttoned to the full: the amenable girl-playmate was ubiquitous, whom I plied with ardor at Swiss hotels, German watering-places, French pensions,—where not? Toward puberty I first repaired at times to prostitutes.

"Masturbation, excepting a few experiments, I never resorted to. Few of my schoolmates avowedly practised it.

"Of homosexuality my sole hearing was through the classics, where, with no long pondering, I opined it merely our modern comradery, poetically aggrandized, masquerading in antique habiliments and phraseology. It never came home to me; it attuned to no tone in the scale of my sympathies; I possessed no touchstone for transmitting the recitals of those ambiguous amours into fiery messages. The relation to my own sex was, intellectually, an occasional friendship devoid of strong affection; physically, a mild antagonism, the naked body of a man was slightly repellant. Statues of women evoked both carnal and esthetic response; of men, no emotions whatever, save a deepening of that native antipathy. Similarly in paintings, in literature, the drama, the men served but as foils for the delicious maidens, who visited my aerial seraglios and lapped me in roseate dreamings.

"In my eighteenth year we returned to America, where I entered the university.

"The course of my love of women was now a little erratic; normal connection began to lose fascination. As long ago I had formulated untutored the *rationale* of coitus, so now imagination, groping in the dark, conceived a fresh fillip for the appetite—*cunnilinctus*. But this,

though for a while quite adequate, soon ceased to gratify. At this juncture, Christmas of my first college year, I was appointed editor of a small magazine, an early stricture of whose new conduct was paucity of love stories. Such improvident neglect was in keeping with my altering view of women, a view accorded to me by self-dissipation of the glamour through which they had been wont to appear. I had wandered somehow behind the scenes, and beheld, no footlights of sex intervening, the once so radiant fairies resolved into a raddled humanity, as likable as ever, but desirable no longer.

"Soon after this the Oscar Wilde case was bruited about. The newspaper accounts of it, while illuminating, flashed upon me no light of self-revelation; they only amended some idle conjectures as to certain mystic vices I had heard whispered of. Here and there a newspaper allusion still too recondite was painstakingly clarified by an effeminate fellow-student, who, I fancy now, would have shown no reluctance had I begged him to adduce practical illustration. I purchased, too, photographs of Oscar Wilde, scrutinizing them under the unctuous auspices of this same emasculate and blandiloquent mentor. If my interest in Oscar Wilde arose from any other emotion than the rather morbid curiosity then almost universal, I was not conscious of it.

"Erotic dreams, precluded hitherto by coition, came now to beset me. The persons of these dreams were (and still are) invariably women, with this one remembered exception: I dreamed that Oscar Wilde, one of my photographs of him incarnate, approached me with a buffoon languishment and perpetrated *fellatio*, an act verbally expounded shortly before by my oracle. For a month or more, recalling this dream disgusted me.

"The few subsequent endeavors, tentative and half-hearted, to reprimarize my venery were foredoomed, partly because I had feared they were, to failure: erection was incomplete, ejaculation without pleasure.

"There seemed a fallacy in this behavior. Why coitus without sensual desire for it? No sense of duty impelled me, nor dread of sexual aberration. The explanation is this: attraction to females was not expunged, simply sublimed; my imagination, no longer importing women from observation, created its own delectable sirens, grown exacting and transcendental, petitioned reality in vain. Substance had receded for good now, and soon even these tormenting shadows of it became ever dimmer and dimmer, until they too at length faded into nothingness.

"The antipodes of the sexual sphere turned more and more toward the light of my tolerance. Inversion, till now stained with a slight repugnance, became esthetically colorless at last, and then

delicately retinted, at first solely with pity for its victims, but finally, the color deepening, with half-conscious inclination to attach it to myself as a remote contingency. This revolution, however, was not without external impetus. The prejudiced tone of a book I was reading, Krafft-Ebing's *Psychopathia Sexualis*, by prompting resentment, led me on to sympathy. My championing, purely abstract though it was to begin with, none the less involved my looking at things with eyes hypothetically inverted,—an orientation for the sake of argument. After a while, insensibly and at no one moment, hypothesis merged into reality: I myself was inverted. That occasional and fictitious inversion had never, I believe, superposed this true inversion; rather a true inversion, those many years dormant, had simply responded finally to a stimulus strong and prolonged enough, as a man awakens when he is loudly called.

"In presenting myself thus sexually transformed, I do not aver having had at the outset any definitive inclination. The instinct so freshly evolved remained for a while obscure. Its primary expression was a feebly sensuous interest in the physical character of boys—in their feminine resemblances especially. To this interest I opposed no discountenance; for wantonness with women under many and diverse conditions having long ago medicined my sexual conscience to lethargy, no access of reasons came to me now for its refreshment. On the other hand, intellectual delight in the promises of the new world, as well as sensuality, conduced to its deliberate exploration. Still, for a year, the yearning settled with true lust upon no object more concrete than youths whose only habitation was my fancy.

"A young surgeon, having read my copy of *Psychopathia Sexualis*, fell one evening to discussing inverts with such relish that I inquired ingenuously if he himself was one. He colored, whether confirmatively or otherwise I could not guess, in spite of his vehement no. Presently he very subtly recanted his denial. But to his counter-question I maintained my own no, lest he propose some sexual act, a point the esthetics of my developing inversion would not yet concede, the boys of my imagination being still predominant.

"One evening, soon after this, he conveyed me to several of the cafés where inverts are accustomed to foregather. These trysting places were much alike: a long hall, with sparse orchestra at one end, marble-topped tables lining the walls, leaving the floor free for dancing. Round the tables sat boys and youths, Adonises both by art and nature, ready for a drink or a chat with the chance Samaritan, and shyly importunate for the pleasures for which, upstairs, were small rooms to let. One of the boys, supported by the orchestra, sang the 'Jewel Song' out of *Faust*. His voice had the limpid, treble purity

of a clarinet, and his face the beauty of an angel. The song concluded, we invited him to our table, where he sat sipping neat brandy, as he mockingly encountered my book-begotten queries. The boy-prostitutes gracing these halls, he apprised us, bore fanciful names, some of well-known actresses, others of heroes in fiction, his own being Dorian Gray. Rivals, he complained, had assumed the same appellation, but he was the original Dorian; the others were jealous impostors. His curly hair was golden; his cheeks were pink; his lips, coral red, parted incessantly to reveal the glistening pearliness of his teeth. Yet, though deeming him the beautifullest youth in the world, I experienced no sexual interest either in him or in the other boys, who indeed were all beautiful—beauty was their chief asset. Dorian, further, dilated on the splendor of his female attire, satin corsets, low-cut evening gowns, etc., donned on gala nights to display his gleaming shoulders and dimpled, plump, white arms. Thus arrayed, he bantered, he would bewitch even me, now so impassive, until I should throw myself, in tears of happiness, into his loving embrace.

"My first venture upon *fellatio* was a month later, with the young surgeon. I confessed the whim to try it, and he acceded. Though this nauseous and fatiguing act, very imperfectly performed, was prompted mostly by curiosity, there arose soon a passionate hankering for repetition. In short, appetite for *fellatio* grew slowly from the night of that mawkish fiasco and waxed eventually into a sovereign want.

"Perhaps miscarriage of that initiatory experiment was due to precipitance, incubation of my perverse instinct being not yet complete. A hiatus of a month now supervened, in which, while further *fellatio* was not attempted, my mind came always nearer to a reconciliation with the grossness of the act, and began to discover for its creatures some correlation in pretty boys beheld in the flesh. One evening, in Broadway, I conceived suddenly a full-fledged desire for a youth issuing from an hotel as I passed. Our glances met and dwelled together. At a shop-window he first accosted me. He was an invert. With him, in his room at the hotel whence I had seen him emerge, I passed an apocalyptic night. Thereafter commerce with boys only in the spirit ceased to be an end; the images were carnalized, stepped from their framework into the streets. That boy, that god out of the machine, I see him clearly: his brown, curling hair; his eyes blue as the sea; his chest both arched and so plump, his rounded arms, his taper waist, the graceful swell of his hips and full, snowy thighs; I recall as of yesterday the dimples in his knees, the slenderness of his ankles, the softness of his little feet, with insteps pink like the inside of a shell. How I gloated over his ample roundness, his rich undulations!

"In the last eight years I have performed *fellatio* (never *pedicatio*) with more than three hundred men and boys. My preference is for boys between 15 and 20, refined, pretty, girlish, and themselves homosexual.

"Personally, barring this love for males, I am in all ways masculine, given to outdoor sports, and to smoking and drinking moderately. In appearance I am but a boy of 18. My face and figure are generally considered beautiful: I am clean-shaved, with black, curling hair, red cheeks and brown eyes; features delicate and regular; body, of medium height, everywhere practically hairless. By years of training I have attained alike great strength and classic proportions, the muscular contours smoothly rounded with adipose tissue. My hands and feet are small. My penis, though perfectly shaped, is rather enormous—erect, ten and a half inches in length, seven and a quarter inches in circumference.

"Some abetment of my apostasy from orthodox methods was, no doubt, this hypertrophy of the penis, which already in my twentieth year had acquired its present redundancy, rendering coitus impracticable with most women I essayed and painful where insertion was effected. Since falling heir to inversion, a unique recurrence of normal desire, six years ago, persuaded me to attempt coitus with eleven or twelve prostitutes, and, strangely enough, with much of the old-time salacity and full erection, but, as it chanced, always with too great disparity of parts for success."

A certain preciosity in the manner of this communication may be put down partly to the nature of the literary avocations with which the writer is by preference occupied, and partly, no doubt more fundamentally, to the special character of his predominantly esthetic temperament and attraction to the exotic. An attraction for exotic experiences will not, however, suffice to account for the rather late development of homosexual tendencies, a late development which may be held to place this case in the retarded group of inverters. H. C. has himself pointed out to me that his aversion to women, beginning to appear in the eighteenth year, was already well pronounced before he had ever heard definitely of specific homosexual acts, and fully a year before he experienced the slightest sexual interest in men or boys. Moreover, while it is true that the actual tendency to homosexual attraction only appeared after he had read Krafft-Ebing and come in contact with inverters, such influences would not suffice to change the sexual nature of a normally constituted man.

It may be added that H. C. is not attracted to normal males. As regards his moral attitude he remarks: "I have no scruples in the indulgence of my passion. I perceive the moral objections ad-

vanced, but how speculative they are, and constructive; while, immediately, inversion is the source of so much good." He looks upon the whole sexual question as largely a matter of taste.

I regard the foregoing case as of considerable interest. It presents what is commonly supposed to be a very common type of inversion, Oscar Wilde being the supreme exemplar, in which a heterosexual person apparently becomes homosexual by the exercise of intellectual curiosity and esthetic interest. In reality the type is far from common; indeed, an intellectual curiosity and an esthetic interest, strong enough even apparently to direct the sexual impulse in any new channel, are themselves far from common. Moreover, a critical reading of this history suggests that the apparent control over the sexual impulse by reason is merely a superficial phenomenon. Here, as ever, reason is but a tool in the hands of the passions. The apparent causes are really the results; we are witnessing the gradual emergence of a retarded homosexual impulse.

HISTORY XXVIII.—English, aged 40, surgeon. Sexual experiences began early, about the age of 10, when a companion induced him to play at intercourse with their sisters. He experienced no pleasure. A little later a servant-girl began to treat him affectionately and at last called him into her bedroom when she was partially undressed, fondled and kissed his member, and taught him to masturbate her. On subsequent occasions she attempted a simulation of intercourse, which gave her satisfaction, but failed to induce emission in him. On returning to school mutual masturbation was practised with schoolfellows, and the first emission took place at the age of 14.

On leaving school he became a slave to the charms of women, and had frequent coitus about the age of 17, but he preferred masturbating girls and especially in persuading girls of good position, to whom the experience was entirely novel, to allow him to take liberties with them. At 25 he became engaged, and mutual masturbation was practised to excess during the engagement; after marriage connection generally took place twice every twenty-four hours until pregnancy.

"At this time," he writes, "I stayed at the house of an old school-fellow, one of my lovers of old days. There were so many guests that I shared my friend's bedroom. The sight of his body gave rise to lustful feelings, and when the light was out I stole across to his bed. He made no objection, and we passed the night in mutual masturbation.

We passed the next fortnight together, and I never took the same pleasure in coitus with my wife, though I did my duty. She died five years later, and I devoted myself heart and soul to my friend until his death by accident last year. Since then I have lost all interest in life."

I am indebted for this case to a well-known English alienist, who remarks that the patient is fairly healthy to look at, but with neurasthenia and tendency to melancholia, and neurotic temperament. The body is masculine and pubic hair abundant. One testicle shows wasting.

HISTORIES XXIX AND XXX.—I give the following narrative in the words of an intimate friend of one of the cases in question: "My attention was first drawn to the study of inversion—though I then regarded all forms of it as depraving and abominable—at a public school, where in our dormitory a boy of 15 initiated his select friends into the secrets of mutual masturbation, which he had learned from his brother, a midshipman. I gave no heed to this at the time, though I remembered it in after-years when immersed in Plato, Lucretius, and the Epicurean writers. But my attention was riveted to it at the age of 20, when I spent a holiday with A., a companion with whom I was, and still am, on terms of great friendship. We enjoyed many things in common, studied together and discussed most unconventional matters, but not this. Previously we had always occupied separate sleeping apartments; on this occasion we were abroad in a country place, and were compelled to put up with what we could get. We not only had to share a room, but a bed. I was not surprised at his throwing his arm over me, as I knew he was extraordinarily attached to me, and I had always felt a brute for not returning his affection so warmly. But I was surprised when later I awoke to find him occupied in *fellatio* and endeavoring to obtain my response. Had it been anyone else I should have resented strongly such a liberty, and our acquaintance would have ended, but I cared for him too well, though never very demonstrative. This episode led to discussion of the topic. He told me that his sexual strength was great, that he had tested it in many ways, and that it was essential to his well-being that he should have satisfaction in some way. He loathed prostitution and considered it degrading; he felt physically attracted to some women and intellectually to others, but the two elements were never combined, and though he had been intimate with a few he felt that it was not right to them, as he could not marry them because he held too high an ideal of marriage. He had always felt attracted to his own sex, and had kept up a Platonic friendship with a college chum, X (to whom I knew he was passionately attached), for some years. Both considered it perfectly moral, and both felt better for it. Both abhor *pedicatio*. X., however,

would never discuss the subject, and seemed half-ashamed of it. A., on the other hand, though showing a great self-respect in all things else, feels no shame, though he says he would never discuss it except with close friends or if asked for private advice.

"A. is the elder child of a military officer. His parents were 21 and 19, respectively, at the time of his birth. Both parents are healthy, and the two children (both boys) have good constitutions, though the elder has the better. He is of medium height and slender limbs, proud carriage, handsome and intellectual face (classic Greek type), excellent complexion, charming manners, and good temper. The penis is large, the foreskin very short. He is fond of philosophy, natural science, history, and literature. He is reflective and patient rather than smart, but strong-willed and very active when roused, never resting till he has accomplished what he wants, even if this takes years. He sings excellently, and is fond of cycling, boating, swimming, and mountain-climbing. He enjoys excellent health, and has never had a day's illness since he was 12 years of age. He says the only time he cannot sleep has been when in bed with some one who could not or would not satisfy him. He requires satisfaction at least once a week, twice or thrice in the hot season. He never smokes, nor drinks beer or spirits. He is still single, but believes that marriage would meet all his needs.

"X. is also an oldest child, of young and healthy parents (between 21 and 24 at his birth) of different class; father a builder. He is of pleasing, but not handsome, appearance; very sensitive, very neat, and methodical in all things; not very strong-willed, and very reserved to women. He is of very studious disposition, especially fond of philosophy, politics, and natural science; a good musician. Takes moderate exercise, but rather easily fatigued. Is generally healthy, but not overstrong. He is a vegetarian, and was brought up as a free-thinker. Until two years ago he was never attracted toward a girl; indeed, he disliked girls; but he is now engaged. For about eighteen months he has relinquished homosexuality, but has suffered from dreams, bad digestion, and peevishness since. He thinks the only remedy is marriage, which he is pushing on. He regards homosexuality as quite natural and normal, though his desires are not strong, and once a fortnight has always satisfied him. He was led to the practice by the reasoning of A., and because he felt a certain vague need, and this comforted him. He thinks it a matter of temperament and not to be discussed, except by scientists. He says he could never perform it except with his dearest friend, whose request he could not resist. He has a long foreskin, flesh like a woman's, and is well proportioned.

"Both men are ardent for social reform, the one actively, the other passively engaged in it. Both also regard the law as to homo-

sexuality as absurd and demoralizing. They also think that the law prohibiting polygamy is largely the cause of prostitution, as many women are prevented from living honest lives and being cared for by someone, and many men could marry one woman for physical satisfaction and another for intellectual.

"They were devoted to each other when I first knew them; they are still friends, but separated by distance. Both are exceedingly honorable, and the latter is truthful to a fault."

According to later information X. had married and his homosexual tendencies were almost completely in abeyance, partly, perhaps, owing to the fact that he now lives quietly in the country. A. has surprised his friends by his ardent attachment to a lady of about his own age to whom he has become engaged. He declares that he loves this woman better than any man, but nevertheless he still feels strong passion for his men friends. It is evident that the homosexual tendency in A. is distinctly more pronounced than in his friend X. As is found more often in bisexual than in homosexual persons, he is of predominantly masculine type, possesses great vitality, and desires to exert all his faculties. He has a sound nervous system and is very free from all "nervousness." He has written a scientific treatise and can study undisturbed amid violent noises. His voice is manly (in singing deep base). He can whistle. He is not vain, though well formed, and his hands are delicate. His favorite color is green. The demonstrative warmth of his affection for his friends is the chief feminine trait noted in him. He rarely dreams and has never had an erotic dream; this he explains by saying (earlier than Freud) that all dreams not caused by physical conditions are wish-dreams, and as he always satisfies his sexual needs at once, with a friend or by masturbation, his sexual needs have no opportunity of affecting his subconscious life.

There may be some doubt as to the classification of the two foregoing cases: they are not personally known to me. The following case, with which I have been acquainted for many years, I regard as clearly a genuine example of bisexuality:—

HISTORY XXXI.—Englishman, independent means, aged 52, married. His ancestry is of a complicated character. Some of his mother's forefathers in the last and earlier centuries are supposed to have been inverted. He remembers liking the caresses of his father's footmen when he was quite a little boy. He dreams indifferently about men and women, and has strong sexual feeling for women. Can copulate, but does not insist on this act; there is a tendency to refined, voluptuous

pleasure. He has been married for many years, and there are several children by the marriage.

He is not particular about the class or age of the men he loves. He feels with regard to older men as a woman does, and likes to be caressed by them. He is immensely vain of his physical beauty; he shuns *pedicatio* and does not much care for the sexual act, but likes long hours of voluptuous communion during which his lover admires him. He feels the beauty of boyhood. At the same time he is much attracted by young girls.

He is decidedly feminine in his dress, manner of walking, love of scents, ornaments, and fine things. His body is excessively smooth and white, the hips and buttocks rounded. Genital organs normal. His temperament is feminine, especially in vanity, irritability, and petty preoccupations. He is much preoccupied with his personal appearance and fond of admiration; on one occasion he was photographed naked as Bacchus. He is physically and morally courageous. He has a genius for poetry and speculation, with a tendency to mysticism.

He feels the discord between his love for men and society, also between it and his love for his wife. He regards it as, in part, at least, hereditary and inborn in him.

HISTORY XXXII.—C. R., physician; age 38. Nationality, Irish, with a Portuguese strain. "My mother came of an old Quaker family. I was quite unaware of sexual differences until I was about 14, as I was carefully kept separate from my sisters and, although from time to time strange longings which I did not understand possessed me, I was a virgin in thought and deed until that period of life.

"When I was 14 a cousin some years older than myself came to stay with us and shared my bed. To my surprise he took hold of my penis and rubbed it for a time, when a most pleasant feeling seized me and increased until a discharge came out of my organ; he then asked me to do the same to him. We frequently repeated the process during the following month; I was quite unaware of any harm resulting.

"The same year I went to school, but none of my schoolmates for some time even suggested such actions until a friend staying with us for the holidays one day in the bathroom repeated the process and pressed his penis between my thighs, when a similar discharge took place. I shortly found out that several of my school friends and male cousins had the same desires, and an elder brother of my first introducer into sexuality repeatedly spent the night with me, when we would amuse ourselves in a similar way.

"A little later, my mother being away from home, I shared my father's bed and he took my penis in his hand and pulled my foreskin back. I in return took hold of his and found that he had an erection.

I proceeded to rub him when he stopped me and told me that I should not do so, that when I was a little older I should love a woman to do it and that if I did not rub myself and allow other boys to do so, I would enjoy myself much more. I am quite certain that my father was inverted, as he frequently, if sleeping with me, used to press my naked body against his and he always had a strong erection. On one occasion he rubbed me until I had a discharge and then, turning over on his back, made me take his penis in my hand and rub him for a few minutes. I used to jest frequently with my father, as from my seventeenth year my penis was larger than his. I will return to my father a little later. When I was 17 a college friend shared my bed, and when undressing he said that he envied me my penis being so much larger than his; after getting into bed, he asked me to turn on my side and I found that he was attempting *pedicatio*. I was astonished at his doing so when he informed me that next to a woman this process gave most pleasure. However, nothing resulted and this is the only experience of *pedicatio* that I have ever had.

"When I was 18 one evening a college chum introduced me to a woman and she was the first I ever had connection with. We went behind some rocks and she took hold of my penis and pressed it into her body, lying against me.

"My father evidently suspected me when I came home, and a few days afterward told me that it was very dangerous to have anything to do with women, that I should wait until I was older, that when a boy became a man he ought to have a woman occasionally, and that if I ever had a nasty disease I should promptly tell him so that I could be properly cured.

"At college I found several chums who were fond of sharing my bed and indulging in mutual masturbation, pressing our bodies together face to face until there was mutual discharge, but never again anyone who tried anal connection.

"A short time afterward I was in Brussels and I paid my first visit to a brothel, a place close to the Cathedral. I picked a girl of about 18 from eight naked beauties paraded for my choice. She was avaricious and demanded 10 francs, I had paid 20 for my room and had only 2 left. I wanted her to play with me, but she only seized the penis and pulled me to her with such vigorous action that I discharged very rapidly. I was so disgusted with the result that I masturbated when I returned to my boarding house.

"A year later I paid Portugal a visit and my friends there frequently brought me to brothels and also introduced me to ladies of easy virtue. I had connection with them; the Portuguese prostitutes never suggested anything unnatural and in no instance did a male approach me for sexual purposes.

"When I became a medical student, I used to visit a Turkish bath frequently; on one occasion I playfully slapped a friend on the buttocks, when my father, who was present, told me not to do so as it was not proper conduct in public, that if I liked to do so to him or one or two others it was no harm in private. Until I was 21, in the bath my father always covered his penis from my view, but after I attained my majority he always exposed himself and repeatedly showed me pictures of naked women; he also taught me the use of the condom.

"In my twenty-fourth year, a tall, handsome man who used to frequent the baths one day sat down beside me and playfully knocked my toes with his; he then pressed his naked thigh against mine and a little later in the cooling room slipped his hand under my sheet and grasped my penis; he then asked me to meet him a few days later in the baths, saying I would be pleased with what he would do.

"I kept the appointment and he took me into the hottest room, where we lay on the floor; in a few minutes he turned on his side and threw one of his legs across me; I got frightened and jumped up; he had a powerful erection, but I refused to lie down again, although he pulled his foreskin back to excite my desires; I was afraid of being surprised by another bather. Twice on future occasions I met this man and he made advances. I believe that I would have yielded then, if we had met at a private house.

"Shortly afterward I met an elderly gentleman at the baths who also made advances to me, but from fear I resisted him. I also disliked him as he had a foul breath and bad teeth; besides I was now able to go to the Continent and enjoy female charms to my heart's desire.

"After qualification I joined the army in South Africa and to my astonishment found many of my comrades fond of male society; one officer who had been wounded shared my bedroom at a military hospital and when undressing frequently admired my penis; we used to play with each other until we had powerful erections, but we never masturbated or tried any unnatural vice.

"I used to have connection with women as frequently as I could, and I frequently visited the Turkish baths and found that several clients were abnormal, including one of the masseurs; the latter enjoyed playing with my penis, kissing and tickling me.

"I married at 28. My married life has been normal and my wife and I are still in love with one another; we have had several children.

"My last sexual experiences have been in Australia; once in Sydney at the baths a fellow-bather playfully began tickling me, when I had an erection; he grasped my penis, I jumped up, and he asked me

to do anything that I liked with him. I refused. Once on board a coasting steamer a fellow-passenger used to expose himself, posing as a statue; we became very familiar and he wanted me to spend a night with him. I also refused his offers.

"I am very healthy and strong, fond of riding, fishing, and shooting. I lead a very active life. I am neither musician nor artist, but fond of hearing music and I admire works of art.

"In person I am 6 feet high, inclined to fat; my body is very strong; my penis is six inches long in repose and eight in erection; I can without fatigue discharge twice in the night and have connection at least twice a week. My scrotum is tense and both testicles large. I am rather slow at discharging. I have never had any desire to have connection with any other woman since marriage, but several times I have met men who attracted me. I have a friend (another doctor) who is very familiar with me and if we spend a night together we will play with each other. I have a great desire for him to circumcize me. We have never indulged in anything beyond feeling or pressing our bodies together like schoolboys.

"My favorite color is green.

"My erotic dreams, when I have any, are of my wife or of a male lover.

"Sexual inversion is more widespread than is popularly supposed and I have never had any twinge of conscience after any of my affairs. I regard the homosexual instinct as quite natural, and, except in regard to my wife, it is stronger in my case than the heterosexual instinct. I have never initiated a youth into the sexual life or had any desire to seduce a girl. Boys under 17, or persons of lower social class, have no attraction for me."

HISTORY XXXIII.—M. O., 30 years of age, born in the United States, of English father and of mother whose father was Scotch,—the rest of his ancestry being English of long standing in America, with a very little admixture of Dutch blood. He is 5 feet 8 inches in height, and has brown hair and eyes. No hereditary troubles so far as known. In childhood, for some time "threatened with chorea." Is subject to tonsillitis and a stubborn though not severe form of indigestion, induced by sedentary habits. He is of quick, nervous temperament. Has an aversion from most outdoor sports, but a great esthetic attraction to nature. Highly educated.

As far back as he can remember, he lived in a house from which his parents removed when he was 4 years old. Before this removal, he remembers two distinctly sexual experiences. A cousin five years older was in the bathroom, seated, and M. O. was feeling his sexual organs; his mother called him out. On another occasion he was in

a wagonhouse with a girl of his own age. They were lying on a carriage-seat attempting intercourse. The girl's older sister came in and found them. She said: "I am going to tell mamma; you know she said for you not to do that any more." With each of these clear memories comes the strong impression that it was but one among many. Five years ago M. O. met a man of his own age who had lived in that neighborhood at the same time. Comparing notes, they found that nearly all the small children in it had been given to such practices. The neighborhood was a thoroughly "respectable" middle-class one.

From it, M. O. removed to another of just about the same character, and lived there until he was 11 years old. Of this period his memories are very fresh and abundant. With a single exception, all the children between 5 and 14 years of age appear to have indulged freely in promiscuous sexual play. In little companies of from four to twelve they went where trees or long grass hid them from observation, and exhibited their persons to one another; sometimes, also, they handled one another, but not in the way of masturbation. Of this last, M. O. was wholly ignorant. Sometimes when but two or three were together, intercourse was attempted. In M. O.'s case there was eager sexual curiosity, and a more or less keen desire, but actual contact brought no great satisfaction. On two or three occasions girls practised *fellatio*, and he then reciprocated with *cunnilinctus*, but without pleasure. In all these plays he is sure that girls took the initiative as often as boys did.

During all this period, M. O. had now one girl sweetheart and now another. This was conventional among the children, and was fostered by the banter of older persons. M. O.'s sexual curiosity was certainly greater in regard to the opposite sex. At this time, however, his homosexual interests appeared. With a boy two or more years older he frequently went to some hiding-place where they looked at each other's organs and handled them. He and another boy were once in an abandoned garden, and they took off all their clothes, the better to examine each other. The other boy then offered to kiss M. O.'s fundament, and did so. It caused a surprisingly keen and distinctly sexual sensation, the first sexual shock that he can remember experiencing. He refused to reciprocate, however, when asked.

Toward the end of this period there was a new and increasing development of another sort, not recognized then as at all sexual in character. He began to feel toward certain boys in a way very different and much keener than he had done thus far toward girls, although, at the time he made no comparisons. For instance there was a boy whom he considered very pretty. They visited each other often and

spent long times playing together. In school they looked and looked at each other until delicious, uncontrollable giggling spells came on. Sexual matters were never discussed or thought of. These experiences were, in their way, very sentimental and ideal. M. O. is sure that with himself the main consideration was always the other boy's beauty. He began to recall, with great fondness a certain much older and very handsome youth who had lived near him in the first neighborhood, and had at the time shown him various little friendly attentions. He seldom saw him now, and hardly sought to do so, yet was immensely pleased by a casual word or look from him in the schoolyard, and much interested when other people spoke of him.

A cousin about two years younger than M. O. often visited him and slept with him. They were very fond of each other, and handled each other's organs.

When M. O. was about 11 years of age the family removed to a distant neighborhood, where there were almost no children of his own age, and where any association with those in the one just left was practically impossible. From this time until the changes of puberty were well under way his sexual life contrasted strongly, in its solitude, with the former promiscuity. He remembers liking to wrestle with two or three schoolboys and to get their heads between his legs. He thinks they were not aware of his sexual impulses. He flirted, consciously flirted, with certain schoolgirls, but never even suggested anything sexual to them. He read a few family medical books.

One day, lying on an old uneven couch, innocently enough at first, he induced a new and delicious sensation, altogether different from any he had ever dreamed of—something far beyond the satisfaction of mere curiosity. He repeated the thing and before long produced emissions. Masturbation soon followed. Certain days he would perform the act two or three times, but again he would avoid it for days. He began at once to fight the tendency, and felt very guilty and very ashamed for indulging it. He prayed for help and at times wept over his failures to break the habit so quickly formed. For a certain period, after two or three years, he seemed to have succeeded, but he observed that he had intense erotic dreams with copious emissions regularly every eight days. Just then certain newspaper advertisements fell under his eye, and these persuaded him that he had produced in himself a diseased condition. He never resorted to the remedies advertised, but he was discouraged in his efforts to overcome the bad habit; and since the evil effects appeared to consist only in the seminal losses, he concluded that he might as well have the greater enjoyment of masturbation.

For a short time, he remembers that he had an intense but

revolting interest in the sexual organs of animals, especially horses. The males were much more interesting.

Gradually he began to develop, entirely from within, the ideal of a male comrade,—a beautiful, emotional boy between whom and himself there might exist a powerful romantic passion. He lay for hours dreaming of this and inventing thrilling situations. Suddenly, at church, he became acquainted with the very youth, Edmund, who seemed to satisfy all his longings. M. O. was then 16½ and Edmund 15. A real wooing ensued, Edmund finally yielding to the physical appeals of M. O. after several fits of misgiving. The yielding was in the end complete, however. The two spent night after night together, enjoying intercrural intercourse and sometimes mutual masturbation. Their parents may have been slightly uneasy at times, but the connection continued uninterruptedly for a year and a half or more. In the meantime M. O. occasionally had relations with other boys, but never wavered in his real preference for Edmund. For girls he had no sexual desire whatever, though he was much associated with them.

Then M. O. and Edmund went to college at different places, but they met in vacations and wrote frequent and ardent love-letters. Both had genuine attacks of love-sickness and of jealousy. As M. O. looks back on this first love passion he can by no means regret it. It doubtless had great formative influence.

After the first year at college, Edmund transferred to another school farther away from M. O. and the opportunities for meeting became rarer, but their affection was maintained and the intercourse resumed whenever it was possible. Gradually, however, Edmund became interested in women and finally married. M. O. also formed relations repeatedly with college friends and occasionally with others.

On the whole M. O. preferred boys a year or two younger than himself, but as he grew older the age difference increased. At 30 he regarded himself as virtually "engaged" to a youth of 17, one unusually mature, however, and much larger than himself.

M. O. is always unhappy unless his affections have fairly free course. Life has been very disappointing to him in other respects. His greatest joys have come to him in this way. If he is able to consummate his present plan of union with the youth just referred to, he will feel that his life has been crowned by what is for him the best possible end; otherwise, he declares, he would not care to live at all.

He admires male beauty passionately. Feminine beauty he perceives objectively, as he would any design of flowing curves and delicate coloring, but it has no sexual charm for him whatever. Women have put themselves in his way repeatedly, but he finds himself more

and more irritated by their specifically feminine foibles. With men generally he is much more patient and sympathetic.

The first literature that appealed to him was Plato's dialogues, first read at 20 years of age. Until then he had not known but what he stood alone in his peculiarity. He read what he could of classic literature. He enjoys Pater, appreciating his attitude toward his own sex. Four or five years later he came across Raffalovich's book, and ever since has felt a real debt of gratitude to its author.

M. O. has no wish to injure society at large. As an individual he holds that he has the same right to be himself that anyone else has. He thinks that while boys of from 13 to 15 might possibly be rendered invert, those who reach 16 without it cannot be bent that way. They may be devoted to an invert enough in other ways to yield him what he wishes sexually, but they will remain essentially normal themselves. His observations are based on about 30 homosexual relationships that have lasted various lengths of time.

M. O. feels strongly the poetic and elevated character of his principal homosexual relationships, but he shrinks from appearing too sentimental.

With regard to the traces of feminism in invert he writes:—

"Up to the age of 11 I associated much with a cousin five years older (the one referred to above) and took great delight in a game we often played, in which I was a girl,—a never-ending romance, a non-sexual love story.

"Somewhat later and until puberty, I took great delight in acting, but generally took female rôles, wearing skirts, shawls, beads, wigs, head-dresses. When I was about 13 my family began to make fun of me for it. I played secretly for a while, and then the desire for it left, never to return.

"There still lingers, however, a minor interest, which began before puberty, in valentines. My feeling for them is much like my feeling for flowers.

"Before I reached puberty I was sometimes called a 'sissy' by my father. Such taunts humiliated me more than anything else has ever done. After puberty my father no longer applied the term, and gradually other persons ceased to tease me that way. The sting of it lasted, though, and led me more than once to ask intimate friends, both men and women, if they considered me at all feminine. Every one of them has been very emphatically of the opinion that my rational life is distinctively masculine, being logical, impartial, skeptical. One or two have suggested that I have a finer discrimination than most men, and that I take care of my rooms somewhat as a woman might, though this does not extend to the style of decorations. One man said that I

lacked sympathy with certain 'grosser manifestations of masculine character, such as smoking.' Some women think me unusually observing of women's dress. My own is by no means effeminate. In a muscular way I have average strength, but am supple far beyond what is usual. If trained for it early, I believe I would have made a good contortionist.

"I have never had the least inclination to use tobacco, generally take neither tea nor coffee, and seldom any liquor, never malt liquors. The dessert is always the best part of the meal. These tastes I attribute largely to my sedentary life. When out camping I observed a marked change in the direction of heartier food and mild stimulants.

"My physical courage has never been put to the test, but I observe that others appear to count on it. I am very aggressive in matters of religious, political, social opinion. In moral courage I am either reckless or courageous, I do not know which.

"I am, perhaps, a better whistler than most men.

"When I was quite little my grandmother taught me to do certain kinds of fancy-work, and I continued to do a little from time to time until I was 24. Then I became irritated over a piece that troubled me, put it in the fire, and have not wanted to touch any since. As a pet economy I continue to do nearly all of my own mending.

"I have a decided aversion for much jewelry. My estheticism is very pronounced as compared with most of the men with whom I associate, although I have never been able to give it much scope. It makes for cleanliness, order, and general good taste. My dress is economical and by no means fastidious; yet it seems to be generally approved. I have been complimented often on my ability to select appropriate presents, clothing, and to arrange a room."

M. O. states that he practises the love-bite at times, though very gently. He often wants to pinch one who interests him sexually.

He considers very silly the statement somewhere made, that that inverts are always liars. Very few people, he says, are perfectly honest, and the more dangerous society makes it for a man to be so, the less likely he is to be. While he himself has been unable in two or three instances to keep promises made to withhold from sexual intercourse with certain attractive individuals, he has never otherwise been guilty of untruth about his homosexual relations.

The foregoing narrative was received eight years ago. During this interval M. O.'s health has very greatly improved. There has been a marked increase in outdoor activities and interests.

Two years since M. O. consulted a prominent specialist who per

formed a thorough psychoanalysis. He informed M. O. that he was less strongly homosexual than he himself supposed, and recommended marriage with some young and pretty woman. He attributed the homosexual bent to M. O.'s having had his "nose broken" at the age of 6, by the birth of a younger brother, who from that time on received all the attention and petting. M. O. had continued up to that age very affectionate toward his mother and dependent on her. He can remember friends and neighbors commenting on it. At first M. O. was inclined to reject this suggestion of the specialist, but on long reflection he inclines to believe that it was indeed a very important factor, though not the sole one. From his later observations of children and comparisons of these with memories of his own childhood, M. O. says he is sure he was affectionate and demonstrative much beyond the average. His greatest craving was for affection, and his greatest grief the fancied belief that no one cared for him. At 10 or 11 he attempted suicide for this reason.

Also as a result of the psychoanalysis, but trying to eliminate the influence of suggestion, he recollects and emphasizes more the attraction he felt toward girls before the age of 12. Had his sexual experiences subsequently proved normal, he doubts if those before 12 could be held to give evidence of homosexuality, but only of precocious nervous and sexual irritability, greatly heightened and directed by the secret practices of the children with whom he associated. He does not see why these experiences should have given him a homosexual bent any more than a heterosexual one.

The psychoanalysis recalled to M. O. that during the period of early flirtation he had often kissed and embraced various girls, but likewise he recalled having observed at the same time, with some surprise, that no definitely sexual desire arose, though the way was probably open to gratify it. Such interest as did exist ceased wholly or almost so as the relation with Edmund developed. There was no aversion from the company of girls and women, however; the intellectual friendships were mainly with them, while the emotional ones were with boys.

Very recently M. O. spent several days with Edmund, who has been married for several years. With absolutely no sexual interest in each other, they nevertheless found a great bond of love still subsisting. Neither regrets anything of the past, but feels that the final outcome of their earlier relation has been good. Edmund's beauty is still pronounced, and is remarked by others.

In spite of his precocious sexuality, M. O. had from the very first an extreme disgust for obscene stories, and for any association of sexual things with filthy words and anecdotes. Owing in part to this

and in part to his temperamental skepticism, he disbelieved what associates told him regarding sexual emissions, only becoming convinced when he actually experienced them; and the facts of reproduction he denied indignantly until he read them in a medical work. Until he was well over 25 the physical aversion from any thought of reproduction was intense. He knows other, normal, young men who have felt the same way, but he believes it would be prevented or overcome by sex-education such as is now being introduced in American schools.

Again, as to traces of feminism: Perhaps two years ago, all impulse to give the love-bite disappeared suddenly. There has been lately a marked increase of dramatic interest, arising in perfectly natural ways, and without any of the peculiarities noted before. The childish pleasure in valentines has all gone; M. O. believes that *circumstances* have lately been more favorable for the development of a more robust estheticism.

For some years he has heard no definite reproach for feminism, though some persons tell his friends that he is "very peculiar." His forms many intimate, enduring, non-sexual friendships with both men and women, and he doubts if the peculiarity noted by others is due so much to his homosexuality as it is to his estheticism, skepticism, and the unconventional opinions which he expresses quite indiscreetly at times. With the improvement in general health, has come the changes that would be expected in food and other matters of daily life.

Resuming his narrative at the point where the earlier communication left it, M. O. says that about a year after that time, the youth of 17 to whom he had considered himself virtually engaged withdrew from the agreement so far as it bore on his own future, but not from the sentimental relation as it existed. Although separated most of the time by distance, the physical relation was resumed whenever they met. Subsequently, however, the young man fell in love with a young woman and became engaged to her. His physical relation with M. O. then ceased, but the friendship otherwise continues strong.

Shortly after the first break in this relation, M. O. became, through the force of quite unusual circumstances, very friendly and intimate with a young woman of considerable charm. He confided to her his abnormality, and was not repulsed. To others their relation probably appeared that of lovers, and a painful situation was created by the slander of a jealous woman. M. O. felt that in honor he must propose marriage to her. The young woman was non-committal, but invited M. O. to spend several months at her home. Shortly after his arrival a sad occurrence in his own family compelled him to go away, and they did not meet again for four years. They corresponded, but less and less often. His relations with boys continued.

Before his final meeting with her he became acquainted with a woman whom he has since married. The acquaintance began in a wholly non-sentimental community of interests in certain practical affairs, and very gradually widened into an intellectual and sympathetic friendship. M. O. had no secrets from this woman. After a full and prolonged consideration of all sides of the matter they married. Since that event he has had no sexual relations except with his wife. With her they are not passionate, but they are animated by the strong desire for children. Of the parental instinct he had become aware several years before this.

M. O. believes that no moral stigma should be attached to homosexuality until it can be proved to result from the vicious life of a free moral agent,—and of this he has no expectation. He believes that much of its danger and unhappiness would be prevented by a thorough yet discreet sex-education, such as should be given to all children, whether normal or abnormal.

CHAPTER IV.

SEXUAL INVERSION IN WOMEN.

Prevalence of Sexual Inversion Among Women—Among Women of Ability—Among the Lower Races—Temporary Homosexuality in Schools, etc.—Histories—Physical and Psychic Characteristics of Inverted Women—The Modern Development of Homosexuality Among Women.

HOMOSEXUALITY is not less common in women than in men. In the seriocomic theory of sex set forth by Aristophanes in Plato's *Symposium*, males and females are placed on a footing of complete equality, and, however fantastic, the theory suffices to indicate that to the Greek mind, so familiar with homosexuality, its manifestations seemed just as likely to occur in women as in men. That is undoubtedly the case. Like other anomalies, indeed, in its more pronounced forms it may be less frequently met with in women; in its less pronounced forms, almost certainly, it is more frequently found. A Catholic confessor, a friend tells me, informed him that for one man who acknowledges homosexual practices there are three women. For the most part feminine homosexuality runs everywhere a parallel course to masculine homosexuality and is found under the same conditions. It is as common in girls as in boys; it has been found, under certain conditions, to abound among women in colleges and convents and prisons, as well as under the ordinary conditions of society. Perhaps the earliest case of homosexuality recorded in detail occurred in a woman,¹ and it was with the

¹ Catharina Margaretha Lincken, who married another woman, somewhat after the manner of the Hungarian Countess Sarolta Vay (i.e., with the aid of an artificial male organ), was condemned to death for sodomy, and executed in 1721 at the age of 27 (F. C. Müller, "Ein weiterer Fall von conträrer Sexualempfindung," *Friedrich's Blätter für Gerichtliche Medizin*, Heft 4, 1891). The most fully investigated case of sexual inversion in a woman in modern times is that of Countess Sarolta Vay (*Friedrich's Blätter*, Heft, 1, 1891; also Krafft-Ebing, *Psychopathia Sexualis*, Eng. trans. of 10th. ed., 416-427; also summarized in Appendix E of earlier editions of the present Study). Sarolta always dressed as a man, and went through a pseudo-marriage with a girl who was ignorant of the real sex of her "husband." She was acquitted and allowed to return home and continue dressing as a man.

investigation of such a case in a woman that Westphal may be said to have inaugurated the scientific study of inversion.

Moreover, inversion is as likely to be accompanied by high intellectual ability in a woman as in a man. The importance of a clear conception of inversion is indeed in some respects, under present social conditions, really even greater in the case of women than of men. For if, as has sometimes been said of our civilization, "this is a man's world," the large proportion of able women inverts, whose masculine qualities render it comparatively easy for them to adopt masculine avocations, becomes a highly significant fact.¹

It has been noted of distinguished women in all ages and in all fields of activity that they have frequently displayed some masculine traits.² Even "the first great woman in history," as she has been called by a historian of Egypt, Queen Hatshepsu, was clearly of markedly virile temperament, and always had herself represented on her monuments in masculine costume, and even with a false beard.³ Other famous queens have on more or less satisfactory grounds been suspected of a homosexual temperament, such as Catherine II of Russia, who appears to have been bisexual, and Queen Christina of Sweden, whose very marked masculine traits and high intelligence seem to have been combined with a definitely homosexual or bisexual temperament.⁴

¹ Anna Rüling has some remarks on this point, *Jahrbuch für sexuelle Zwischenstufen*, vol. vii, 1905, p. 141 *et seq.*

² This, of course, by no means necessarily indicates the existence of sexual inversion, any more than the presence of feminine traits in distinguished men. I have elsewhere pointed out (*e.g.*, *Man and Woman*, 5th ed., 1915, p. 488) that genius in either sex frequently involves the coexistence of masculine, feminine, and infantile traits.

³ Various references to Queen Hatshepsu are given by Hirschfeld (*Die Homosexualität*, p. 739). Hirschfeld's not severely critical list of distinguished homosexual persons includes 18 women. It would not be difficult to add others.

⁴ Sophie Hochstetter, in a study of Queen Christina in the *Jahrbuch für sexuelle Zwischenstufen* (vol. ix, 1908, p. 168 *et seq.*), regards her as bisexual, while H. J. Schouten (*Monatsschrift für Kriminal-anthropologie*, 1912, Heft 6) concludes that she was homosexual, and believes that it was Monaldeschi's knowledge on this point which led her to instigate his murder.

Great religious and moral leaders, like Madame Blavatsky and Louise Michel, have been either homosexual or bisexual or, at least, of pronounced masculine temperament.¹ Great actresses from the eighteenth century onward have frequently been more or less correctly identified with homosexuality, as also many women distinguished in other arts.² Above all, Sappho, the greatest of women poets, the peer of the greatest poets of the other sex in the supreme power of uniting art and passion, has left a name which is permanently associated with homosexuality.

It can scarcely be said that opinion is unanimous in regard to Sappho, and the reliable information about her, outside the evidence of the fragments of her poems which have reached us, is scanty. Her fame has always been great; in classic times her name was coupled with Homer's. But even to antiquity she was somewhat of an enigma, and many legends grew up around her name, such as the familiar story that she threw herself into the sea for the love of Phaon. What remains clear is that she was regarded with great respect and admiration by her contemporaries, that she was of aristocratic family, that she was probably married and had a daughter, that at one time she had to take her part in political exile, and that she addressed her girl friends in precisely similar terms to those addressed by Alcaeus to youths. We know that in antiquity feminine homosexuality was regarded as especially common in Sparta, Lesbos, and Miletus. Horace, who was able to read Sappho's complete poems, states that the objects of her love-plaints were the young girls of Lesbos, while Ovid, who played so considerable a part in weaving fantastic stories round Sappho's name, never claimed that they had any basis of truth. It was inevitable that the early Christians should eagerly attack so ambiguous a figure, and Tatian (*Oratio ad Graecos*, cap. 52) reproached the Greeks that they honored statues of the tribade Sappho, a prostitute who had celebrated her own wantonness and infatuation. The result is that in modern times there have been some who placed Sappho's character in a very bad light and others who have gone to the opposite extreme in an attempt at "rehabilitation." Thus, W. Mure, in his *History of the Language and Literature of Ancient Greece* (1854, vol. iii, pp. 272-326,

¹ Cf. Hans Freimark, *Helena Petrovna Blavatsky*; Levetzow, "Louise Michel," *Jahrbuch für sexuelle Zwischenstufen*, vol. vii, 1906, p. 307 *et seq.*

² Rosa Bonheur, the painter, is a specially conspicuous example of pronounced masculinity in a woman of genius. She frequently dressed as a man, and when dressed as a woman her masculine air occasionally attracted the attention of the police. See Theodore Stanton's biography.

496-8), dealing very fully with Sappho, is disposed to accept many of the worst stories about her, though he has no pronounced animus, and, as regards female homosexuality, which he considers to be "far more venial" than male homosexuality, he remarks that "in modern times it has numbered among its votaries females distinguished for refinement of manners and elegant accomplishments." Bascoul, on the other hand, will accept no statements about Sappho which conflict with modern ideals of complete respectability, and even seeks to rewrite her most famous ode in accordance with the colorless literary sense which he supposes that it originally bore (J. M. F. Bascoul, *La Chaste Sappho et le Mouvement Feministe à Athènes*, 1911). Wilamowitz-Moellendorf (*Sappho und Simonides*, 1913) also represents the antiquated view, formerly championed by Welcker, according to which the attribution of homosexuality is a charge of "vice," to be repudiated with indignation. Most competent and reliable authorities today, however, while rejecting the accretions of legend around Sappho's name and not disputing her claim to respect, are not disposed to question the personal and homosexual character of her poems. "All ancient tradition and the character of her extant fragments," says Prof. J. A. Platt (*Encyclopædia Britannica*, 11th. ed., art. "Sappho"), "show that her morality was what has ever since been known as 'Lesbian.'" What exactly that "Lesbian morality" involved, we cannot indeed exactly ascertain. "It is altogether idle," as A. Croiset remarks of Sappho (*Histoire de la Littérature Grecque*, vol. ii, ch. v), "to discuss the exact quality of this friendship or this love, or to seek to determine with precision the frontiers, which language itself often seems to seek to confuse, of a friendship more or less esthetic and sensual, of a love more or less Platonic." (See also J. M. Edmonds, *Sappho in the Added Light of the New Fragments*, 1912). Iwan Bloch similarly concludes (*Ursprung der Syphilis*, vol. ii, 1911, p. 507) that Sappho probably combined, as modern investigation shows to be easily possible, lofty ideal feelings with passionate sensuality, exactly as happens in normal love.

It must also be said that in literature homosexuality in women has furnished a much more frequent motive to the artist than homosexuality in men. Among the Greeks, indeed, homosexuality in women seldom receives literary consecration, and in the revival of the classical spirit at the Renaissance it was still chiefly in male adolescents, as we see, for instance, in Marino's *Adone*, that the homosexual ideal found expression. After that date male inversion was for a long period rarely touched in literature. save briefly and satirically, while inversion in women

becomes a subject which might be treated in detail and even with complacency. Many poets and novelists, especially in France, might be cited in evidence.

Ariosto, it has been pointed out, has described the homosexual attractions of women. Diderot's famous novel, *La Religieuse*, which, when first published, was thought to have been actually written by a nun, deals with the torture to which a nun was put by the perverse lubricity of her abbess, for whom, it is said, Diderot found a model in the Abbess of Chelles, a daughter of the Regent and thus a member of a family which for several generations showed a marked tendency to inversion. Diderot's narrative has been described as a faithful description of the homosexual phenomena liable to occur in convents. Feminine homosexuality, especially in convents, was often touched on less seriously in the eighteenth century. Thus we find a homosexual scene in *Les Plaisirs du Cloître*, a play written in 1773 (*Le Théâtre d'Amour au XVIII^e Siècle*, 1910.) Balzac, who treated so many psychological aspects of love in a more or less veiled manner, has touched on this in *La Fille aux Yeux d'Or*, in a vague and extravagantly romantic fashion. Gautier made the adventures of a woman who was predisposed to homosexuality, and slowly realizes the fact, the central motive of his wonderful romance, *Mademoiselle de Maupin* (1835). He approached the subject purely as an artist and poet, but his handling of it shows remarkable insight. Gautier based his romance to some extent on the life of Madame Maupin or, as she preferred to call herself, Mademoiselle Maupin, who was born in 1673 (her father's name being d'Aubigny), dressed as a man, and became famous as a teacher of fencing, afterward as an opera singer. She was apparently of bisexual temperament, and her devotion to women led her into various adventures. She ultimately entered a convent, and died, at the age of 34, with a reputation for sanctity. (E. C. Clayton, *Queens of Song*, vol. i, pp. 52-61; F. Karsch, "Mademoiselle Maupin," *Jahebuch für sexuelle Zwischenstufen*, vol. v, 1903, pp. 694-706.) A still greater writer, Flaubert, in *Salammbô* (1862) made his heroine homosexual. Zola has described sexual inversion in *Nana* and elsewhere. Some thirty years ago a popular novelist, A. Belot, published a novel called *Mademoiselle Giraud, ma Femme*, which was much read; the novelist took the attitude of a moralist who is bound to treat frankly, but with all decorous propriety, a subject of increasing social gravity. The story is that of a man whose bride will not allow his approach on account of her own *liaison* with a female friend continued after marriage. This book appears to have given origin to a large number of novels, some of which touched the question with considerable less affectation of propriety. Among other novelists

who have dealt with the matter may be mentioned Guy de Maupassant (*La Femme de Paul*), Bourget (*Crime d'Amour*), Catulle Mendès (*Méphisphéla*), and Willy in the *Claudine* series.

Among poets who have used the motive of homosexuality in women with more or less boldness may be found Lamartine (*Regina*), Swinburne (first series of *Poems and Ballads*), Verlaine (*Parallèlement*), and Pierre Louys (*Chansons de Bilitis*). The last-named book, a collection of homosexual prose-poems, attracted considerable attention on publication, as it was an attempt at mystification, being put forward as a translation of the poems of a newly discovered Oriental Greek poetess; Bilitis (more usually Beltis) is the Syrian name for Aphrodite. *Les Chansons de Bilitis* are not without charm, but have been severely dealt with by Wilamowitz-Moellendorff (*Sappho und Simonides*, 1913, p. 63 *et seq.*) as "a travesty of Hellenism," betraying inadequate knowledge of Greek antiquity.

More interesting, as the work of a woman who was not only highly gifted, but herself of homosexual temperament, are the various volumes of poems published by "Renée Vivien." This lady, whose real name was Pauline Tarn, was born in 1877; her father was of Scotch descent, and her mother an American lady from Honolulu. As a child she was taken to Paris, and was brought up as a French girl. She travelled much and at one time took a house at Mitylene, the chief city of ancient Lesbos. She had a love of solitude, hated publicity, and was devoted to her women friends, especially to one whose early death about 1900 was the great sorrow of Pauline Tarn's life. She is described as very beautiful, very simple and sweet-natured, and highly accomplished in many directions. She suffered, however, from nervous over-tension and incurable melancholy. Toward the close of her life she was converted to Catholicism and died in 1909, at the age of 32. She is buried in the cemetery at Passy. Her best verse is by some considered among the finest in the French language. (Charles Brun, "Pauline Tarn," *Notes and Queries*, 22 Aug., 1914; the same writer, who knew her well, has also written a pamphlet, *Renée Vivien*, Sansot, Paris, 1911.) Her chief volumes of poems are *Études et Preludes* (1901), *Cendres et Poussières* (1902), *Évocations* (1903). A novel, *Une Femme M'Apparut* (1904), is said to be to some extent autobiographical. "Renée Vivien" also wrote a volume on Sappho with translations, and a further volume of poems, *Les Kitharèdes*, suggested by the fragments which remain of the minor women poets of Greece, followers of Sappho.

It is, moreover, noteworthy that a remarkably large proportion of the cases in which homosexuality has led to crimes of violence, or otherwise come under medicolegal observation,

has been among women. It is well known that the part taken by women generally in open criminality, and especially in crimes of violence, is small as compared with men.¹ In the homosexual field, as we might have anticipated, the conditions are to some extent reversed. Inverted men, in whom a more or less feminine temperament is so often found, are rarely impelled to acts of aggressive violence, though they frequently commit suicide. Inverted women, who may retain their feminine emotionality combined with some degree of infantile impulsiveness and masculine energy, present a favorable soil for the seeds of passionial crime, under those conditions of jealousy and allied emotions which must so often enter into the invert's life.

The first conspicuous example of this tendency in recent times is the Memphis case (1892) in the United States. (Arthur Macdonald, "Observation de Sexualité Pathologique Feminine," *Archives d'Anthropologie Criminelle*, May, 1895; see also Krafft-Ebing, *Psychopathia Sexualis*, Eng. trans. of 10th ed., p. 550.) In this case a congenital sexual invert, Alice Mitchell, planned a marriage with Freda Ward, taking a male name and costume. This scheme was frustrated by Freda's sister, and Alice Mitchell then cut Freda's throat. There is no reason to suppose that she was insane at the time of the murder. She was a typical invert of a very pronounced kind. Her mother had been insane and had homicidal impulses. She herself was considered unbalanced, and was masculine in her habits from her earliest years. Her face was obviously unsymmetrical and she had an appearance of youthfulness below her age. She was not vicious, and had little knowledge of sexual matters, but when she kissed Freda she was ashamed of being seen, while Freda could see no reason for being ashamed. She was adjudged insane.

There have been numerous cases in America more recently. One case (for some details concerning which I am indebted to Dr. J. G. Kiernan, of Chicago) is that of the "Tiller Sisters," two quintrooms, who for many years had acted together under that name in cheap theaters. One, who was an invert, with a horror of men dating from early girlhood, was sexually attached to the other, who was without inborn inversion, and was eventually induced by a man to leave the invert. The latter, overcome by jealousy, broke into the apartment of the couple and shot the man dead. She was tried, and sent to prison for

¹ There is some difference of opinion as to whether there is less real delinquency among women (see Havelock Ellis, *Man and Woman*, 5th ed., 1915, p. 469), but we are here concerned with judicial criminality.

life. A defense of insanity was made, but for this there was no evidence. In another case, also occurring in Chicago (reported in *Medicine*, June, 1899, and *Alienist and Neurologist*, October, 1899), a trained nurse lived for fourteen years with a young woman who left her on four different occasions, but was each time induced to return; finally, however, she left and married, whereupon the nurse shot the husband, who was not, however, fatally wounded. The culprit in this case had been twice married, but had not lived with either of her husbands; it was stated that her mother had died in an asylum, and that her brother had committed suicide. She was charged with disorderly conduct, and subjected to a fine.

In another later case in Chicago a Russian girl of 22, named Anna Rubinowitch, shot from motives of jealousy another Russian girl to whom she had been devoted from childhood, and then fatally shot herself. The relations between the two girls had been very intimate. "Our love affair is one purely of the soul," Anna Rubinowitch was accustomed to say; "we love each other on a higher plane than that of earth." (I am informed that there were in fact physical relationships; the sexual organs were normal.) This continued, with great devotion on each side, until Anna's "sweetheart" began to show herself susceptible to the advances of a male wooer. This aroused uncontrollable jealousy in Anna, whose father, it may be noted, had committed suicide by shooting some years previously.

Homosexual relationships are also a cause of suicide among women. Such a case was reported in Massachusetts early in 1901. A girl of 21 had been tended during a period of nervous prostration, apparently of hysterical nature, by a friend and neighbor, fourteen years her senior, married and having children. An intimate friendship grew up, equally ardent on both sides. The mother of the younger woman and the husband of the other took measures to put a stop to the intimacy, and the girl was sent away to a distant city; stolen interviews, however, still occurred. Finally, when the obstacles became insurmountable, the younger woman bought a revolver and deliberately shot herself in the temple, in presence of her mother, dying immediately. Though sometimes thought to act rather strangely, she was a great favorite with all, handsome, very athletic, fond of all outdoor sports, an energetic religious worker, possessing a fine voice, and was an active member of many clubs and societies. The older woman belonged to an aristocratic family and was loved and respected by all. In another case in New York in 1905 a retired sailor, "Captain John Weed," who had commanded transatlantic vessels for many years, was admitted to a Home for old sailors and shortly after became ill and despondent, and cut his throat. It was then found that "Captain Weed" was really a woman. I am

informed that the old sailor's despondency and suicide were due to enforced separation from a female companion.

The infatuation of young girls for actresses and other prominent women may occasionally lead to suicide. Thus in Philadelphia, a few years ago, a girl of 19, belonging to a very wealthy family, beautiful and highly educated, acquired an absorbing infatuation for Miss Mary Garden, the *prima donna*, with whom she had no personal acquaintance. The young girl would kneel in worship before the singer's portrait, and studied hairdressing and manicuring in the hope of becoming Miss Garden's maid. When she realized that her dream was hopeless she shot herself with a revolver. (Cases more or less resembling those here brought forward occur from time to time in all parts of the civilized world. Reports, mostly from current newspapers, of such cases, as well as of simple transvestism, or Eonism, in both women and men, will be found in the publications of the Berlin Wissenschaftlich-humanitären Komitee: the *Monatsberichte* up to 1909, then in the *Vierteljahrsberichte*, and from 1913 onward in the *Jahrbuch für sexuelle Zwischenstufen*.)

Yet, until recently, comparatively little has been known of sexual inversion in women. Even so lately as 1901 (after the publication of the first edition of the present Study), Krafft-Ebing wrote that scarcely fifty cases had been recorded. The chief monographs devoted but little space to women.

Krafft-Ebing himself, in the earlier editions of *Psychopathia Sexualis*, gave little special attention to inversion in women, although he published a few cases. Moll, however, included a valuable chapter on the subject in his *Konträre Sexualempfindung*, narrating numerous cases, and inversion in women also received special attention in the present Study. Hirschfeld, however, in his *Homosexualität* (1914) is the first authority who has been able to deal with feminine homosexuality as completely co-ordinate with masculine homosexuality. The two manifestations, masculine and feminine, are placed on the same basis and treated together throughout the work.

It is, no doubt, not difficult to account for this retardation in the investigation of sexual inversion in women. Notwithstanding the severity with which homosexuality in women has been visited in a few cases, for the most part men seem to have been indifferent toward it; when it has been made a crime or a cause for divorce in men, it has usually been considered as no

offense at all in women.¹ Another reason is that it is less easy to detect in women; we are accustomed to a much greater familiarity and intimacy between women than between men, and we are less apt to suspect the existence of any abnormal passion. And, allied with this cause, we have also to bear in mind the extreme ignorance and the extreme reticence of women regarding any abnormal or even normal manifestation of their sexual life. A woman may feel a high degree of sexual attraction for another woman without realizing that her affection is sexual, and when she does realize this, she is nearly always very unwilling to reveal the nature of her intimate experience, even with the adoption of precautions, and although the fact may be present to her that, by helping to reveal the nature of her abnormality, she may be helping to lighten the burden of it on other women. Among the numerous confessions voluntarily sent to Krafft-Ebing there is not one by a woman. There is, again, the further reason that well-marked and fully developed cases of inversion are probably rarer in women, though a slighter degree may be more common; in harmony with the greater affectability of the feminine organism to slight stimuli, and its lesser liability to serious variation.²

The same aberrations that are found among men are, however, everywhere found among women. Feminine inversion has sometimes been regarded as a vice of modern refined civilization. Yet it was familiar to the Anglo-Saxons, and Theodore's Penitential in the seventh century assigned a penance of three years (considerably less than that assigned to men, or for bestiality)

¹ This apparently widespread opinion is represented by the remark of a young man in the eighteenth century (concerning the Lesbian friend of the woman he wishes to marry), quoted in the Comte de Tilly's *Souvenirs*: "I confess that that is a kind of rivalry which causes me no annoyance; on the contrary it amuses me, and I am immoral enough to laugh at it." That attitude of the educated and refined was not probably shared by the populace. Madame de Lamballe, who was guillotined at the Revolution, was popularly regarded as a tribade, and it was said that on this account her charming head received the special insults of the mob.

² Havelock Ellis, *Man and Woman*, 5th ed., 1915, especially chapters xiii and xv.

to "a woman fornicating with a woman." Among the women of savages in all parts of the world homosexuality is found, though it is less frequently recorded than among men.¹

In New Zealand it is stated on the authority of Moerenhout (though I have not been able to find the reference) that the women practised Lesbianism. In South America, where inversion is common among men, we find similar phenomena in women. Among Brazilian tribes Gandavo² wrote:—

"There are certain women among these Indians who determine to be chaste and know no man. These leave every womanly occupation and imitate the men. They wear their hair the same way as the men; they go to war with them or hunting, bearing their bows; they continue always in the company of men, and each has a woman who serves her and with whom she lives."

This has some analogy with the phenomena seen among North American men. Dr. Holder, who has carefully studied the *boté*, tells me that he has met no corresponding phenomena in women.

There is no doubt, however, that homosexuality among women is well known to the American Indians in various regions. Thus the Salish Indians of British Columbia have a myth of an old woman who had intercourse with a young woman by means of a horn used as a penis.³ In the mythology of the Assiniboine Indians (of Canada and Montana) and the Fox Indians (of Iowa) there are also legends of feminine homosexuality, supposed to have been derived from the Algonkin Cree Indians, who were closely connected with both.⁴

¹ Karsch (*Jahrbuch für sexuelle Zwischenstufen*, vol. iii, 1901, pp. 85-9) brings together some passages concerning homosexuality in women among various peoples.

² Gandavo, quoted by Lomacco, *Archivio per l'Antropologia*, 1889, fasc. 1.

³ *Journal Anthropological Institute*, July-Dec., 1904, p. 342.

⁴ G. H. Lowie, "The Assiniboine," *Am. Museum of Nat. Hist., Anthropological Papers*, New York, 1909, vol. xiv, p. 223; W. Jones, "Fox Texts," *Publications of Am. Ethnological Soc.*, Leyden, 1907, vol. i, p. 151; quoted by D. C. McMurtrie, "A Legend of Lesbian Love Among the North American Indians," *Urologio Review*, April, 1914.

According to the Assiniboine legend, a man's wife fell in love with his sister and eloped with her, a boneless child being the result of the union; the husband pursued the couple, and killed his wife as well as the child; no one cared to avenge her death. The Fox legend, entitled "Two Maidens who Played the Harlot with Each Other," runs as follows: "It is said that once on a time long ago there were two young women who were friends together. It is told that there were also two youths who tried to woo the two maidens, but they were not able even so much as to talk with them. After awhile the youths began to suspect something wrong. So once during the summer, when the two maidens started away to peel off bark, the youths followed, staying just far enough behind to keep them in sight. While the girls were peeling the bark, the youths kept themselves hidden. After awhile they no longer heard the sound of the maidens at work. Whereupon they began to creep up to where they were. When they drew nigh, behold, the maidens were in the act of taking off their clothes. The first to disrobe flung herself down on the ground and lay there. 'Pray, what are these girls going to do?' was the feeling in the hearts of the youths. And to their amazement the girls began to lie with each other. Thereupon the youths ran to where the girls were. She who was lying on top instantly fell over backward. Her clitoris was standing out and had a queer shape; it was like a turtle's penis. Thereupon the maidens began to plead with the youths: 'Oh, don't tell on us!' they said. 'Truly it is not of our own free desire that we have done this thing. We have done it under the influence of some unknown being.' It is said that afterward one of the maidens became big with child. In the course of time, she gave birth, and the child was like a soft-shell turtle."

In Bali, according to Jacobs (as quoted by Ploss and Bartels), homosexuality is almost as common among women as among men, though it is more secretly exercised; the methods of gratification adopted are either digital or lingual, or else by bringing the parts together (tribadism).

Baumann, who noted inversion among the male negro population of Zanzibar, finds that it is also not rare among women. Although Oriental manners render it impossible for such women to wear men's clothes openly, they do so in private, and are recognized by other women by their man-like bearing, as also by the fact that women's garments do not suit them. They show a preference for masculine occupations, and seek sexual satisfaction among women who have the same inclinations, or else among

normal women, who are won over by presents or other means. In addition to tribadism or cunnilinctus, they sometimes use an ebony or ivory phallus, with a kind of glans at one end, or sometimes at both ends; in the latter case it can be used by two women at once, and sometimes it has a hole bored through it by which warm water can be injected; it is regarded as an Arab invention, and is sometimes used by normal women shut up in harems, and practically deprived of sexual satisfaction.¹

Among the Arab women, according to Kocher, homosexual practices are rare, though very common among Arab men. In Egypt, however, according to Godard, Kocher, and others, it is almost fashionable, and every woman in the harem has a "friend." In Turkey homosexuality is sometimes said to be rare among women. But it would appear to be found in the harems and women's baths of Turkey, as well as of Islam generally. Brantôme in the sixteenth century referred to the Lesbianism of Turkish women at the baths, and Leo Africanus in the same century mentioned the tribadism of Moorish women and the formal organization of tribadic prostitution in Fez. There was an Osmanli Sapphic poetess, Mihiri, whose grave is at Amasia, and Vambéry and Achestorides agree as to the prevalence of feminine homosexuality in Turkey.² Among the negroes and mulattoes of French creole countries, according to Corre, homosexuality is very common. "I know a lady of great beauty," he remarks, "a stranger in Guadalupe and the mother of a family, who is obliged to stay away from the markets and certain shops because of the excessive admiration of mulatto women and negresses, and the impudent invitations which they dare to address to her."³ He refers to several cases of more or less violent sexual attempts by women on young colored girls of 12 or 14, and observes that such attempts by men on children of their own sex are much rarer.

In China (according to Matignon) and in Cochin China

¹ *Zeitschrift für Ethnologie*, Heft 6, 1899, p. 669.

² I. Bloch, *Die Prostitution*, vol. i, pp. 180, 181.

³ Corre, *Crime en Pays Créoles*, 1889.

(according to Lorian) homosexuality does not appear to be common among women. In India, however, it is probably as prevalent among women as it certainly is among men.

In the first edition of this Study I quoted the opinion of Dr. Buchanan, then Superintendent of the Central Gaol of Bengal at Bhagalpur, who informed me that he had never come across a case and that his head-gaoler had never heard of such a thing in twenty-five years' experience. Another officer in the Indian Medical Service assures me, however, that there cannot be the least doubt as to the frequency of homosexuality among women in India, either inside or outside gaols. I am indebted to him for the following notes on this point:—

"That homosexual relationships are common enough among Indian women is evidenced by the fact that the Hindustani language has five words to denote the tribade: (1) *dūgānā*, (2) *zanākhē*, (3) *sa'tar*, (4) *chapatkái*, and (5) *chapatbāz*. The *modus operandi* is generally what Martial calls *geminos committere cunnos*, but sometimes a phallus, called *saburah*, is employed. The act itself is called *chapat* or *chapti*, and the Hindustani poets, Nazir, Rangin, Jān S'āheb, treat of Lesbian love very extensively and sometimes very crudely. Jān S'āheb, a woman poet, sings to the effect that intercourse with a woman by means of a phallus is to be preferred to the satisfaction offered by a male lover. The common euphemism employed when speaking of two tribades who live together is that they 'live apart.' So much for the literary evidence as to the prevalence of what, *mirable dictu*, Dr. Buchanan's gaoler was ignorant of.

"Now for facts. In the gaol of R. the superintendent discovered a number of phalli in the females' inclosure; they were made of clay and sun-dried and bore marks of use. In the gaol of S. was a woman who (as is usual with tribades in India) wore male attire, and was well known for her sexual proclivities. An examination revealed the following: Face much lined, mammae of masculine type, but nipples elongated and readily erectile; gluteal and iliac regions quite of masculine type, as also the thighs; clitoris, with enlarged glands, readily erectile; nymphæ thickened and enlarged; vulvar orifice patent, for she had in early youth been a prostitute; the voice was almost contralto. Her partner was of low type, but eminently feminine in configuration and manner. In this case I heard that 'the man' went to a local ascetic and begged his intercession with the deity, so that she might impregnate her partner. ('The Hindoo medical works mention the possibility of a woman uniting with another woman in sexual embraces and begetting a boneless fetus.' *Short History of Aryan Medical Science*, p. 44.)

"In the town of D. there 'lived apart' two women, one a Brahmin,

the other a grazier; their *modus operandi* was tribadism, as an eye-witness informed me. In S. I was called in to treat the widow of a wealthy Mohammedan; I had occasion to examine the pudenda, and found what Martineau would have called the indelible stigmata of early masturbation and later sapphism. She admitted the impeachment and confessed that she was on the best of terms with her three remarkably well-formed and good-looking handmaidens. This lady said that she began masturbation at an early age, 'just like all other women,' and that sapphism came after the age of puberty. Another Mohammedan woman whom I knew, and who had a very large clitoris, told me that she had been initiated into Lesbian love at 12 by a neighbor and had intermittently practised it ever since. I might also instance two sisters of the gardener caste, both widows, who 'lived apart' and indulged in simultaneous sapphism.

"That sometimes the actors in tribadism are most vigorous is shown by the fact that, in the central gaol of —, swelling of the vulva was admitted to have been caused by the embraces of two female convicts. The subordinate who told me this mentioned it quite incidentally while relating his experiences as hospital assistant at this gaol. When I questioned him he stated that the woman, whom he was called to treat, told him that she could never 'satisfy herself' with men, but only with women. He added that tribadism was 'quite common in the gaol.' "

The foregoing sketch may serve to show that homosexual practices certainly, and probably definite sexual inversion, are very widespread among women in very many and various parts of the world, though it is likely that, as among men, there are variations—geographical, racial, national, or social—in the frequency or intensity of its obvious manifestations. Thus, in the eighteenth century, Casanova remarked that the women of Provence are specially inclined to Lesbianism.

In European prisons homosexual practices flourish among the women fully as much, it may probably be said, as among the men. There is, indeed, some reason for supposing that these phenomena are here sometimes even more decisively marked than among men.¹ This prevalence of homosexuality among

¹ In a Spanish prison, some years ago, when a new governor endeavored to reform the homosexual manners of the women, the latter made his post so uncomfortable that he was compelled to resign. Salilla (*Vida Penal en España*) asserts that all the evidence shows the extraordinary expansion of Lesbian love in prisons. The *mujeres hombrunas*

women in prison is connected with the close relationship between feminine criminality and prostitution.

The frequency of homosexual practices among prostitutes is a fact of some interest, and calls for special explanation, for, at the first glance, it seems in opposition to all that we know concerning the exciting causes of homosexuality. Regarding the fact there can be no question.¹ It has been noted by all who are acquainted with the lives of prostitutes, though opinion may differ as to its frequency. In Berlin, Moll was told in well-informed quarters, the proportion of prostitutes with Lesbian tendencies is about 25 per cent. This was almost the proportion at Paris many years ago, according to Parent-Duchatelet; today, according to Chevalier, it is larger; and Bourneville believes that 75 per cent. of the inmates of the Parisian venereal hospitals have practised homosexuality. Hammer in Germany has found among 66 prostitutes that 41 were homosexual.² Hirschfeld thinks that inverted women are specially prone to become prostitutes.³ Eulenburg believes, on the other hand, that the conditions of their life favor homosexuality among prostitutes; "a homosexual union seems to them higher, purer, more innocent, and more ideal."⁴ There is, however, no fundamental contradiction between these two views; they are probably both right.

In London, so far as my inquiries extend, homosexuality among prostitutes is very much less prevalent, and in a well-marked form is confined to a comparatively small section. I am

receive masculine names—Pepe, Chulo, Bernardo, Valiente; new-comers are surrounded in the court-yard by a crowd of lascivious women, who overwhelm them with honeyed compliments and gallantries and promises of protection, the most robust virago having most successes; a single day and night complete the initiation.

¹ Even among Arab prostitutes it is found, according to Kocher, though among Arab women generally it is rare.

² *Monatsschrift für Harnkrankheiten*, Nov., 1905; in his *Tribadie Berlins*, he states that among 3000 prostitutes at least ten per cent. were homosexual. See also Parent-Duchatelet, *De la Prostitution*, 3d ed., vol. i, pp. 159, 169; Martineau, *Les Deformations vulvaires et anales*; and Iwan Bloch, *Beiträge zur Ätiologie der Psychopathia Sexualis*, 1902, vol. i, p. 244.

³ Hirschfeld, *Die Homosexualität*, p. 330.

⁴ Eulenburg, *Sexuelle Neuropathie*, p. 144.

indebted to a friend for the following note: "From my experience of the Parisian prostitute, I gather that Lesbianism in Paris is extremely prevalent; indeed, one might almost say normal. In particular, most of the chahut-dancers of the Moulin-Rouge, Casino de Paris, and the other public balls are notorious for going in couples, and, for the most part, they prefer not to be separated, even in their most professional moments with the other sex. In London the thing is, naturally, much less obvious, and, I think, much less prevalent; but it is certainly not infrequent. A certain number of well-known prostitutes are known for their tendencies in this direction, which do not, however, interfere in any marked way with the ordinary details of their profession. I do not personally know of a single prostitute who is exclusively Lesbian; I have heard vaguely that there are one or two such anomalies. But I have heard a swell *cocotte* at the Corinthian announce to the whole room that she was going home with a girl; and no one doubted the statement. Her name, indeed, was generally coupled with that of a fifth-rate actress. Another woman of the same kind has a little clientèle of women who buy her photographs in Burlington Arcade. In the lower ranks of the profession all this is much less common. One often finds women who have simply never heard of such a thing; they know of it in regard to men, but not in regard to women. And they are, for the most part, quite horrified at the notion, which they consider part and parcel of 'French beastliness.' Of course, almost every girl has her friend, and, when not separately occupied, they often sleep together; but, while in separate, rare cases, this undoubtedly means all that it can mean, for the most part, so far as one can judge, it means no more than it would mean among ordinary girls."

It is evident that there must be some radical causes for the frequency of homosexuality among prostitutes. One such cause doubtless lies in the character of the prostitute's relations with men; these relations are of a professional character, and, as the business element becomes emphasized, the possibility of sexual satisfaction diminishes; at the best, also, there lacks the sense

of social equality, the feeling of possession, and scope for the exercise of feminine affection and devotion. These the prostitute must usually be forced to find either in a "bully" or in another woman.¹

Apart from this fact it must be borne in mind that, in a very large number of cases, prostitutes show in slight or more marked degree many of the signs of neurotic heredity,² and it would not be surprising if they present the germs of homosexuality in an unusually high degree. The life of the prostitute may well develop such latent germs; and so we have an undue tendency to homosexuality, just as we have it among criminals, and, to a much less extent, among persons of genius and intellect.

Homosexuality is specially fostered by those employments which keep women in constant association, not only by day, but often at night also, without the company of men. This is, for instance, the case in convents, and formerly, at all events,—however, it may be today,—homosexuality was held to be very prevalent in convents. This was especially so in the eighteenth century when very many young girls, without any religious vocation, were put into convents.³ The same again is today the case with the female servants in large hotels, among whom homosexual

¹ See vol. vi of these *Studies*, "Sex in Relation to Society," ch. vii.

² The prostitute has sometimes been regarded as a special type, analogous to the instinctive criminal. This point of view has been specially emphasized by Lombroso and Ferrero, *La Donna Delinquente*. Apart from this, these authors regard homosexuality among prostitutes as due to the following causes (p. 410 *et seq.*): (a) excessive and often unnatural venery; (b) confinement in a prison, with separation from men; (c) close association with the same sex, such as is common in brothels; (d) maturity and old age, inverting the secondary sexual characters and predisposing to sexual inversion; (e) disgust of men produced by a prostitute's profession, combined with the longing for love. For cases of homosexuality in American prostitutes, see D. McMurtrie, *Lancet-Clinic*, Nov. 2, 1912.

³ Thus Casanova, who knew several nuns intimately, refers to homosexuality as a childish sin so common in convents that confessors imposed no penance for it (*Mémoires*, ed. Garnier, vol. iv, p. 517). Homosexuality in convent schools has been studied by Mercante, *Archivos de Psiquiatria*, 1905, pp. 22-30.

practices have been found very common.¹ Laycock, many years ago, noted the prevalence of manifestations of this kind, which he regarded as hysterical, among seamstresses, lace-makers, etc., confined for hours in close contact with one another in heated rooms. The circumstances under which numbers of young women are employed during the day in large shops and factories, and sleep in the establishment, two in a room or even two in a bed, are favorable to the development of homosexual practices.

In England it is seldom that anyone cares to investigate these phenomena, though they certainly exist. They have been more thoroughly studied elsewhere. Thus, in Rome, Niceforo, who studied various aspects of the lives of the working classes, succeeded in obtaining much precise information concerning the manners and customs of the young girls in dressmaking and tailoring work-rooms. He remarks that few of those who see the "virtuous daughters of the people," often not more than 12 years old, walking along the streets with the dressmaker's box under their arm, modestly bent head and virginal air, realize the intense sexual preoccupations often underlying these appearances. In the work-rooms the conversation perpetually revolves around sexual subjects in the absence of the mistress or forewoman, and even in her presence the slang that prevails in the work-rooms leads to dialogues with a double meaning. A state of sexual excitement is thus aroused which sometimes relieves itself mentally by psychic onanism, sometimes by some form of masturbation; one girl admitted to Niceforo that by allowing her thoughts to dwell on the subject while at work she sometimes produced physical sexual excitement as often as four times a day. (See also vol. i of these *Studies*, "Auto-erotism.") Sometimes, however, a vague kind of homosexuality is produced, the girls, excited by their own thoughts and their conversation, being still further excited by contact with each other. "In summer, in one work-room, some of the girls wear no drawers, and they unbutton their bodices, and work with crossed legs, more or less uncovered. In this position, the girls draw near and inspect one another; some boast of their white legs, and then the petticoats are raised altogether for more careful comparison. Many enjoy

¹ I quote the following from a private letter written in Switzerland: "An English resident has told me that his wife has lately had to send away her parlor-maid (a pretty girl) because she was always taking in strange women to sleep with her. I asked if she had been taken from hotel service, and found, as I expected, that she had. But neither my friend nor his wife suspected the real cause of these nocturnal visits."

this inspection of nudity, and experience real sexual pleasure. From midday till 2 P.M., during the hours of greatest heat, when all are in this condition, and the mistress, in her chemise (and sometimes, with no shame at the workers' presence, even without it), falls asleep on the sofa, all the girls, *without one exception*, masturbate themselves. The heat seems to sharpen their desires and morbidly arouse all their senses. The voluptuous emotions, restrained during the rest of the day, break out with irresistible force; stimulated by the spectacle of each other's nakedness, some place their legs together and thus heighten the spasm by the illusion of contact with a man." In this way they reach mutual masturbation. "It is noteworthy, however," Niceforo points out, "that these couples for mutual masturbation are never Lesbian couples. Triadism is altogether absent from the factories and work-rooms." He even believes that it does not exist among girls of the working class. He further describes how, in another work-room, during the hot hours of the day in summer, when no work is done, some of the girls retire into the fitting-room, and, having fastened their chemises round their legs and thighs with pins, so as to imitate trousers, play at being men and pretend to have intercourse with the others. (Niceforo, *Il Gergo*, cap. vi, 1897, Turin.) I have reproduced these details from Niceforo's careful study because, although they may seem to be trivial at some points, they clearly bring out the very important distinction between a merely temporary homosexuality and true inversion. The amusements of these young girls may not be considered eminently innocent or wholesome, but, on the other hand, they are not radically morbid or vicious. They are strictly, and even consciously, *play*; they are dominated by the thought that the true sexual ideal is normal relationship with a man, and they would certainly disappear in the presence of a man.

It must be remembered that Niceforo's observations were made among girls who were mostly young. In the large factories, where many adult women are employed, the phenomena tend to be rarer, but of much less trivial and playful character. At Wolverhampton, some forty years ago, the case was reported of a woman in a galvanizing "store" who, after dinner, indecently assaulted a girl who was a new hand. Two young women held the victim down, and this seems to show that homosexual vice was here common and recognized. No doubt, this case is exceptional in its brutality. It throws, however, a significant light on the conditions prevailing in factories. In Spain, in the large factories where many adult women are employed, especially in the great tobacco factory at Seville, Lesbian relationships seem to be not uncommon. Here the women work in an atmosphere which in summer is so hot that they throw off the greater part of their clothing, to such an extent that a bell is rung whenever a visitor is introduced into a work-room, in order

to warn the workers. Such an environment predisposes to the formation of homosexual relationships. When I was in Spain some years ago an incident occurred at the Seville *Fábrica de Tabacos* which attracted much attention in the newspapers, and, though it was regarded as unusual, it throws light on the life of the workers. One morning as the women were entering the work-room and amid the usual scene of animation changing their Manila shawls for the light costume worn during work, one drew out a small clasp-knife and, attacking another, rapidly inflicted six or seven wounds on her face and neck, threatening to kill anyone who approached. Both these *cigarreras* were superior workers, engaged in the most skilled kind of work, and had been at the factory for many years. In appearance they were described as presenting a striking contrast: the aggressor, who was 48 years of age, was of masculine air, tall and thin, with an expression of firm determination on her wrinkled face; the victim, on the other hand, whose age was 30, was plump and good-looking and of pleasing disposition. The reason at first assigned for the attack on the younger woman was that her mother had insulted the elder woman's son. It appeared, however, that a close friendship had existed between the two women, that latterly the younger woman had formed a friendship with the forewoman of her work-room, and that the elder woman, animated by jealousy, then resolved to murder both; this design was frustrated by the accidental absence of the forewoman that day.

In theaters the abnormal sexuality stimulated by such association in work is complicated by the general tendency for homosexuality to be connected with dramatic aptitude, a point to which I shall have to refer later on. I am indebted to a friend for the following note: "Passionate friendships among girls, from the most innocent to the most elaborate excursions in the direction of Lesbos, are extremely common in theaters, both among actresses and, even more, among chorus- and ballet- girls. Here the pell-mell of the dressing-rooms, the wait of perhaps two hours between the performances, during which all the girls are cooped up, in a state of inaction and of excitement, in a few crowded dressing-rooms, afford every opportunity for the growth of this particular kind of sentiment. In most of the theaters there is a little circle of girls, somewhat avoided by the others, or themselves careless of further acquaintanceship, who profess the most unbounded devotion to one another. Most of these

girls are equally ready to flirt with the opposite sex, but I know certain ones among them who will scarcely speak to a man, and who are never seen without their particular 'pal' or 'chum,' who, if she gets moved to another theater, will come around and wait for her friend at the stage-door. But here, again, it is but seldom that the experience is carried very far. The fact is that the English girl, especially of the lower and middle classes, whether she has lost her virtue or not, is extremely fettered by conventional notions. Ignorance and habit are two restraining influences from the carrying out of this particular kind of perversion to its logical conclusions. It is, therefore, among the upper ranks, alike of society and of prostitution, that Lesbianism is most definitely to be met with, for here we have much greater liberty of action, and much greater freedom from prejudices."

With girls, as with boys, it is in the school, at the evolution of puberty, that homosexuality usually first shows itself. It may originate in a way mainly peripheral or mainly central. In the first case, two children, perhaps when close to each other in bed, more or less unintentionally generate in each other a certain amount of sexual irritation, which they foster by mutual touching and kissing. This is a spurious kind of homosexuality, the often precocious play of the normal instinct. In the girl who is congenitally predisposed to homosexuality it will continue and develop; in the majority it will be forgotten as quickly as possible, not without shame, in the presence of the normal object of sexual love.

I may quote as fairly typical the following observation supplied by a lady who cannot be called inverted: "Like so many other children and girls, I was first taught self-indulgence by a girl at school, and I passed on my knowledge to one or two others, with one of whom I remember once, when we were just 16, spending the night sensually. We were horribly ashamed after, and that was the only time. When I was only 8 there was a girl of 13 who liked to play with my body, and taught me to play with hers, though I rather disliked doing so. We slept together, and this went on at intervals for six months. These things, for the sake of getting enjoyment, and not with any passion, are not uncommon with children, but less common, I think, than people

sometimes imagine. I believe I could recall without much difficulty, the number of times such things happened with me. In the case I mentioned when I did for one night feel—or try to excite in myself and my girl-companion of 16—sensual passion, we had as little children slept together a few times and done these things, and meeting after an absence, just at that age, recalled our childish memories, and were carried away by sexual impulse. But I never felt any peculiar affection or passion for her even at the time, nor she for me. We only felt that our sensual nature was strong at the time, and had betrayed us into something we were ashamed of, and, therefore, we avoided letting ourselves sleep too close after that day. I think we disliked each other, and were revolted whenever we thought of that night, feeling that each had degraded the other and herself."

The cases in which the source is mainly central, rather than peripheral, nevertheless merge into the foregoing, with no clear line of demarcation. In such cases a girl forms an ardent attachment for another girl, probably somewhat older than herself, often a schoolfellow, sometimes her schoolmistress, upon whom she will lavish an astonishing amount of affection and devotion. There may or not be any return; usually the return consists of a gracious acceptance of the affectionate services. The girl who expends this wealth of devotion is surcharged with emotion, but she is often unconscious or ignorant of the sexual impulse, and she seeks for no form of sexual satisfaction. Kissing and the privilege of sleeping with the friend are, however, sought, and at such times it often happens that even the comparatively unresponsive friend feels more or less definite sexual emotion (pudendal turgescence, with secretion of mucus and involuntary twitching of the neighboring muscles), though little or no attention may be paid to this phenomenon, and in the common ignorance of girls concerning sex matters it may not be understood. In some cases there is an attempt, either instinctive or intentional, to develop the sexual feeling by close embraces and kissing. This rudimentary kind of homosexual relationship is, I believe, more common among girls than among boys, and for this there are several reasons: (1) a boy more often has some acquaintance with sexual phenomena, and would frequently regard such a relationship as unmanly; (2) the girl has a stronger need of

affection and self-devotion to another person than a boy has; (3) she has not, under our existing social conditions which compel young women to hold the opposite sex at arm's length, the same opportunities of finding an outlet for her sexual emotions; while (4) conventional propriety recognizes a considerable degree of physical intimacy between girls, thus at once encouraging and cloaking the manifestations of homosexuality.

The ardent attachments which girls in schools and colleges form to each other and to their teachers constitute a subject which is of considerable psychological interest and of no little practical importance.¹ These girlish devotions, on the borderland between friendship and sexual passion, are found in all countries where girls are segregated for educational purposes, and their symptoms are, on the whole, singularly uniform, though they vary in intensity and character to some extent, from time to time and from place to place, sometimes assuming an epidemic form. They have been most carefully studied in Italy, where Obici and Marchesini—an alienist and a psychologist working in conjunction—have analyzed the phenomena with remarkable insight and delicacy and much wealth of illustrative material.² But exactly the same phenomena are everywhere found in English girls' schools, even of the most modern type, and in some of the large American women's colleges they have sometimes become so acute as to cause much anxiety.³ On the whole, however, it is probable that such manifestations are regarded more indulgently in girls' than in boys' schools, and in view of the fact that the manifestations of affection are normally more pronounced between girls than between boys, this seems reasonable. The head mistress of an English training college writes:—

¹ For a series of cases of affection of girls for girls, in apparently normal subjects in the United States, see, e.g., Lancaster, "The Psychology and Pedagogy of Adolescence," *Pedagogical Seminary*, July, 1897, p. 88; also, for school friendships between girls, exactly resembling those between boys and girls, Theodore L. Smith, "Types of Adolescent Affection," *ib.*, June, 1904, pp. 193, 195.

² Obici and Marchesini, *Le "Amicizie" di Collegio*, Rome, 1898.

³ See Appendix B, in which I have briefly summarized the result of Obici and Marchesini, and also brought forward English colleges.

"My own assumption on such matters has been that warm affection does naturally belong to the body as well as the mind, and between two women is naturally and innocently expressed by caresses. I have never therefore felt that I ought to warn any girl against the physical element in friendship, as such. The test I should probably suggest to them would be the same as one would use for any other relation—was the friendship helping life as a whole, making them keener, kinder, more industrious, etc., or was it hindering it?"

Passionate friendships, of a more or less unconsciously sexual character, are common even outside and beyond school-life. It frequently happens that a period during which a young woman falls in love at a distance with some young man of her acquaintance alternates with periods of intimate attachment to a friend of her own sex. No congenital inversion is usually involved. It generally happens, in the end, either that relationship with a man brings the normal impulse into permanent play, or the steadying of the emotions in the stress of practical life leads to a knowledge of the real nature of such feelings and a consequent distaste for them. In some cases, on the other hand, such relationships, especially when formed after school-life, are fairly permanent. An energetic emotional woman, not usually beautiful, will perhaps be devoted to another who may have found some rather specialized life-work, but who may be very unpractical, and who has probably a very feeble sexual instinct; she is grateful for her friends's devotion, but may not actively reciprocate it. The actual specific sexual phenomena generated in such cases vary very greatly. The emotion may be latent or unconscious; it may be all on one side; it is often more or less recognized and shared. Such cases are on the borderland of true sexual inversion, but they cannot be included within its region. Sex in these relationships is scarcely the essential and fundamental element; it is more or less subordinate and parasitic. There is often a semblance of a sex-relationship from the marked divergence of the friends in physical and psychic qualities, and the nervous development of one or both the friends is sometimes slightly

abnormal. We have to regard such relationships as hypertrophied friendships, the hypertrophy being due to unemployed sexual instinct.

The following narrative is written by a lady who holds a responsible educational position: "A friend of mine, two or three years older than myself (I am 31), and living in the same house with me, has been passing through a very unhappy time. Long nervous strain connected with this has made her sleep badly, and apt to wake in terrible depression about 3 o'clock in the morning. In the early days of our friendship, about eight months ago, she occasionally at these times took refuge with me. After a while I insisted on her consulting a doctor, who advised her, amongst other things, not to sleep alone. Thenceforth for two or three months I induced her to share my room. After a week or two she generally shared my bed for a time at the beginning of the night, as it seemed to help her to sleep.

"Before this, about the second or third time that she came to me in the early morning, I had been surprised and a little frightened to find how pleasant it was to me to have her, and how reluctant I was that she should go away. When we began regularly to sleep in the same room, the physical part of our affection grew rapidly very strong. It is natural for me generally to caress my friends, but I soon could not be alone in a room with this one without wanting to have my arms round her. It would have been intolerable to me to live with her without being able to touch her. We did not discuss it, but it was evident that the desire was even stronger in her than in me.

"For some time it satisfied us fully to be in bed together. One night, however, when she had had a cruelly trying day and I wanted to find all ways of comforting her, I bared my breast for her to lie on. Afterward it was clear that neither of us could be satisfied without this. She groped for it like a child, and it excited me much more to feel that than to uncover my breast and arms altogether at once.

"Much of this excitement was sexually localized, and I was haunted in the daytime by images of holding this woman in my arms. I noticed also that my inclination to caress my other women friends was not diminished, but increased. All this disturbed me a good deal. The homosexual practices of which I had read lately struck me as merely nasty; I could not imagine myself tempted to them;—at the same time the whole matter was new to me, for I had never wanted anyone even to share my bed before; I had read that sex instinct was mysterious and unexpected, and I felt that I did not know what might come next.

"I knew only one elder person whom (for wide-mindedness, gentleness, and saintliness) I could bear to consult; and to this person, a

middle-aged man, I wrote for advice. He replied by a long letter of the most tender warning. I had better not weaken my influence with my friend, he wrote, by going back suddenly or without her consent, but I was to be very wary of going further; there was fire about. I tried to put this into practice by restraining myself constantly in our intercourse, by refraining from caressing her, for instance, when I wanted to caress her and knew that she wanted it. The only result seemed to be that the desire was more tormenting and constant than ever.

"If at this point my friend had happened to die or go away, and the incident had come to an end, I should probably have been left nervous in these matters for years to come. I should have faltered in the opinion I had always held, that bodily expressions of love between women were as innocent as they were natural; and I might have come nearer than I ever expected to the doctrine of those convent teachers who forbid their girls to embrace one another for fear an incalculable instinct should carry them to the edge of an abyss.

"As it was, after a while I said a little on the subject to my friend herself. I had been inclined to think that she might share my anxiety, but she did not share it at all. She said to me that she did not like these thoughts, that she cared for me more than she had ever done for any person except one (now causing most of her unhappiness), and wanted me in all possible ways, and that it would make her sad to feel that I was trying not to want her in one way because I thought it was wrong.

"On my part, I knew very well how much she did need and want me. I knew that in relations with others she was spending the greatest effort in following a course that I urged on her, and was doing what I thought right in spite of the most painful pressure on her to do wrong; and that she needed all the support and comfort I could give her. It seemed to me, after our conversation, that the right path for me lay not in giving way to fears and scruples, but in giving my friend straightforwardly all the love I could and all the kinds of love I could. I decided to keep my eyes open for danger, but meanwhile to go on.

"We were living alone together at the time, and thenceforward we did as we liked doing. As soon as we could, we moved to a bed where we could sleep together all night. In the day when no one was there we sat as close together as we wished, which was very close. We kissed each other as often as we wanted to kiss each other, which was very many times a day.

"The results of this, so far as I can see, have been wholly good. We love each other warmly, but no temptation to nastiness has ever come, and I cannot see now that it is at all likely to come. With

custom, the localized physical excitement has practically disappeared, and I am no longer obsessed by imagined embraces. The spiritual side of our affection seems to have grown steadily stronger and more profitable since the physical side has been allowed to take its natural place."

A class in which homosexuality, while fairly distinct, is only slightly marked, is formed by the women to whom the actively inverted woman is most attracted. These women differ, in the first place, from the normal, or average, woman in that they are not repelled or disgusted by lover-like advances from persons of their own sex. They are not usually attractive to the average man, though to this rule there are many exceptions. Their faces may be plain or ill-made, but not seldom they possess good figures: a point which is apt to carry more weight with the inverted woman than beauty of face. Their sexual impulses are seldom well marked, but they are of strongly affectionate nature. On the whole, they are women who are not very robust and well developed, physically or nervously, and who are not well adapted for child-bearing, but who still possess many excellent qualities, and they are always womanly. One may, perhaps, say that they are the pick of the women whom the average man would pass by. No doubt, this is often the reason why they are open to homosexual advances, but I do not think it is the sole reason. So far as they may be said to constitute a class, they seem to possess a genuine, though not precisely sexual, preference for women over men, and it is this coldness, rather than lack of charm, which often renders men rather indifferent to them.

The actively inverted woman usually differs from the woman of the class just mentioned in one fairly essential character: a more or less distinct trace of masculinity. She may not be, and frequently is not, what would be called a "mannish" woman, for the latter may imitate men on grounds of taste and habit unconnected with sexual perversion, while in the inverted woman the masculine traits are part of an organic instinct which she by no means always wishes to accentuate. The inverted woman's masculine element may, in the least degree, consist only in the fact that she makes advances to the woman to whom she is

attracted and treats all men in a cool, direct manner, which may not exclude comradeship, but which excludes every sexual relationship, whether of passion or merely of coquetry. Usually the inverted woman feels absolute indifference toward men, and not seldom repulsion. And this feeling, as a rule, is instinctively reciprocated by men. At the same time bisexual women are at least as common as bisexual men.

HISTORY XXXIV.—Miss S., aged 38, living in a city of the United States, a business woman of fine intelligence, prominent in professional and literary circles. Her general health is good, but she belongs to a family in which there is a marked neuropathic element. She is of rather phlegmatic temperament, well poised, always perfectly calm and self-possessed, rather retiring in disposition, with gentle, dignified bearing.

She says she cannot care for men, but that all her life has been "glorified and made beautiful by friendship with women," whom she loves as a man loves women. Her character is, however, well disciplined, and her friends are not aware of the nature of her affections. She tries not to give all her love to one person, and endeavors (as she herself expresses it) to use this "gift of loving" as a stepping-stone to high mental and spiritual attainments. She is described by one who has known her for several years as "having a high nature, and instincts unerringly toward high things."

HISTORY XXXV.—Miss B., artist, of German ancestry on the paternal side. Among her brothers and sisters, one is of neurotic temperament and another is inverted. She is herself healthy. She has no repugnance to men, and would even like to try marriage, if the union were not permanent, but she has seldom felt any sexual attraction to a man. In one exceptional instance, early in life, realizing that she was not adapted for heterosexual relationships, she broke off the engagement she had formed. Much later in life, she formed a more permanent relationship with a man of congenial tastes.

She is attracted to women of various kinds, though she recognizes that there are some women to whom only men are attracted. Many years since she had a friend to whom she was very strongly attached, but the physical manifestations do not appear to have become pronounced. After that her thoughts were much occupied by several women to whom she made advances, which were not encouraged to pass beyond ordinary friendship. In one case, however, she formed an intimate relationship with a girl somewhat younger than herself, and a very feminine personality, who accepted Miss B.'s ardent love with

pleasure, but in a passive manner, and did not consider that the relationship would stand in the way of her marrying, though she would on no account tell her husband. The relationship for the first time aroused Miss B.'s latent sexual emotions. She found sexual satisfaction in kissing and embracing her friend's body, but there appeared to be no orgasm. The relationship made a considerable change in her, and rendered her radiant and happy.

In her behavior toward men Miss B. reveals no sexual shyness. Men are not usually attracted to her. There is nothing striking in her appearance; her person and manners, though careless, are not conspicuously man-like. She is fond of exercise and smokes a good deal.

HISTORY XXXVI.—Miss H., aged 30. Among her paternal relatives there is a tendency to eccentricity and to nervous disease. Her grandfather drank; her father was eccentric and hypochondriacal, and suffered from obsessions. Her mother and mother's relatives are entirely healthy, and normal in disposition.

At the age of 4 she liked to see the nates of a little girl who lived near. When she was about 6, the nurse-maid, sitting in the fields, used to play with her own parts, and told her to do likewise, saying it would make a baby come; she occasionally touched herself in consequence, but without producing any effect of any kind. When she was about 8 she used to see various nurse-maids uncover their children's sexual parts and show them to each other. She used to think about this when alone, and also about whipping. She never cared to play with dolls, and in her games always took the part of a man. Her first rudimentary sex-feelings appeared at the age of 8 or 9, and were associated with dreams of whipping and being whipped, which were most vivid between the ages of 11 and 14, when they died away on the appearance of affection for girls. She menstruated at 12.

Her earliest affection, at the age of 13, was for a schoolfellow, a graceful, coquettish girl with long golden hair and blue eyes. Her affection displayed itself in performing all sorts of small services for this girl, in constantly thinking about her, and in feeling deliciously grateful for the smallest return. At the age of 14 she had a similar passion for a girl cousin; she used to look forward with ecstasy to her visits, and especially to the rare occasions when the cousin slept with her; her excitement was then so great that she could not sleep, but there was no conscious sexual excitement. At the age of 15 or 16 she fell in love with another cousin; her experiences with this girl were full of delicious sensations; if the cousin only touched her neck, a thrill went through her body which she now regards as sexual. Again, at 17, she had an overwhelming, passionate fascination for a schoolfellow, a pretty, commonplace girl, whom she idealized and etherealized to an extravagant

extent. This passion was so violent that her health was, to some extent, impaired; but it was purely unselfish, and there was nothing sexual in it. On leaving school at the age of 19 she met a girl of about the same age as herself, very womanly, but not much attracted to men. This girl became very much attached to her, and sought to gain her love. After some time Miss H. was attracted by this love, partly from the sense of power it gave her, and an intimate relation grew up. This relation became vaguely physical, Miss H. taking the initiative, but her friend desiring such relations and taking extreme pleasure in them; they used to touch and kiss each other tenderly (especially on the *mons veneris*), with equal ardor. They each experienced a strong pleasurable feeling in doing this, and sexual erethism, but no orgasm, and it does not appear that this ever occurred. Their general behavior to each other was that of lovers, but they endeavored, as far as possible, to hide this fact from the world. This relation lasted for several years, and would have continued, had not Miss H.'s friend, from religious and moral scruples, put an end to the physical relationship. Miss H. had been very well and happy during this relationship; the interference with it seems to have exerted a disturbing influence, and also to have aroused her sexual desires, though she was still scarcely conscious of their real nature.

Soon afterward another girl of exceedingly voluptuous type made love to Miss H., to which the latter yielded, giving way to her feelings as well as to her love of domination. She was afterward ashamed of this episode, though the physical element in it had remained vague and indefinite. Her remorse was so great that when her friend, repenting her scruples, implored her to let their relationship be on the same footing as of old, Miss H., in her return, resisted every effort to restore the physical relation. She kept to this resolution for some years, and sought to divert her thoughts into intellectual channels. When she again formed an intimate relationship it was with a congenial friend, and lasted for several years.

She has never masturbated. Occasionally, but very rarely, she has had dreams of riding accompanied by pleasurable sexual emotions (she cannot recall any actual experience to suggest this, though fond of riding). She has never had any kind of sexual dreams about a man; of late years she has occasionally had erotic dreams about women.

Her feeling toward men is friendly, but she has never had sexual attraction toward a man. She likes them as good comrades, as men like each other. She enjoys the society of men on account of their intellectual attraction. She is herself very active in social and intellectual work. Her feeling toward marriage has always been one of repugnance. She can, however, imagine a man whom she could love or marry.

She is attracted to womanly women, sincere, reserved, pure, but courageous in character. She is not attracted to intellectual women, but at the same time cannot endure silly women. The physical qualities that attract her most are not so much beauty of face as a graceful, but not too slender, body with beautiful curves. The women she is drawn to are usually somewhat younger than herself. Women are much attracted to her, and without any effort on her part. She likes to take the active part and protecting rôle with them. She is herself energetic in character, and with a somewhat neurotic temperament.

She finds sexual satisfaction, in tenderly touching, caressing, and kissing the loved one's body. (There is no *cunnilinctus*, which she regards with abhorrence.) She feels more tenderness than passion. There is a high degree of sexual erethism when kissing, but orgasm is rare and is produced by lying on the friend or by the friend lying on her, without any special contact. She likes being herself kissed, but not so much as taking the active part.

She believes that homosexual love is morally right when it is really part of a person's nature, and provided that the nature of homosexual love is always made plain to the object of such affection. She does not approve of it as a mere makeshift, or expression of sensuality, in normal women. She has sometimes resisted the sexual expression of her feelings, once for years at a time, but always in vain. The effect on her of loving women is distinctly good, she asserts, both spiritually and physically, while repression leads to morbidity and hysteria. She has suffered much from neurasthenia at various periods, but under appropriate treatment it has slowly diminished. The inverted instinct is too deeply rooted to eradicate, but it is well under control.

HISTORY XXXVII.—Miss M., the daughter of English parents (both musicians), who were both of what is described as "intense" temperament, and there is a neurotic element in the family, though no history of insanity or alcoholism, and she is herself free from nervous disease. At birth she was very small. In a portrait taken at the age of 4 the nose, mouth, and ears are abnormally large, and she wears a little boy's hat. As a child she did not care for dolls or for pretty clothes, and often wondered why other children found so much pleasure in them. "As far back as my memory goes," she writes, "I cannot recall a time when I was not different from other children. I felt bored when other little girls came to play with me, though I was never rough or boisterous in my sports." Sewing was distasteful to her. Still she cared little more for the pastimes of boys, and found her favorite amusement in reading, especially adventures and fairy-tales. She was always quiet, timid, and self-conscious. The instinct first made its appearance in the latter part of her eighth or the first part of her ninth year. She

was strongly attracted by the face of a teacher who used to appear at a side-window on the second floor of the school-building and ring a bell to summon the children to their classes. The teacher's face seemed very beautiful, but sad, and she thought about her continually, though not coming in personal contact with her. A year later this teacher was married and left the school, and the impression gradually faded away. "There was no consciousness of sex at this time," she wrote; "no knowledge of sexual matters or practices, and the feelings evoked were feelings of pity and compassion and tenderness for a person who seemed to be very sad and very much depressed. It is this quality or combination of qualities which has always made the appeal in my own case. I may go on for years in comparative peace, when something may happen, in spite of my busy practical life, to call it all out." The next feelings were experienced when she was about 11 years of age. A young lady came to visit a next-door neighbor, and made so profound an impression on the child that she was ridiculed by her playmates for preferring to sit in a dark corner on the lawn—where she might watch this young lady—rather than to play games. Being a sensitive child, after this experience she was careful not to reveal her feelings to anyone. She felt instinctively that in this she was different from others. Her sense of beauty developed early, but there was always an indefinable feeling of melancholy associated with it. The twilight, a dark night when the stars shone brightly; these had a very depressing effect upon her, but possessed a strong attraction nevertheless, and pictures appealed to her. At the age of 12 she fell in love with a schoolmate, two years older than herself, who was absorbed in the boys and never suspected this affection; she wept bitterly because they could not be confirmed at the same time, but feared to appear undignified and sentimental by revealing her feelings. The face of this friend reminded her of one of Dolce's Madonnas which she loved. Later on, at the age of 16, she loved another friend very dearly and devoted herself to her care. There was a tinge of masculinity among the women of this friend's family, but it is not clear if she can be termed inverted. This was the happiest period of Miss M.'s life. Upon the death of this friend, who had long been in ill health, eight years afterward, she resolved never to let her heart go out to anyone again.

Specific physical gratification plays no part in these relationships. The physical sexual feelings began to assert themselves at puberty, but not in association with her ideal emotions. "In that connection," she writes, "I would have considered such things a sacrilege. I fought them and in a measure successfully. The practice of self-indulgence which might have become a daily habit was only occasional. Her image evoked at such times drove away such feelings, for which I felt

a repugnance, much preferring the romantic ideal feelings. In this way, quite unconscious of the fact that I was at all different from any other person, I contrived to train myself to suppress or at least to dominate my physical sensations when they arose. That is the reason why friendship and love have always seemed such holy and beautiful things to me. I have never connected the two sets of feelings. I think I am as strongly sexed as anyone, but I am able to hold a friend in my arms and experience deep comfort and peace without having even a hint of physical sexual feeling. Sexual expression may be quite necessary at certain times and right under certain conditions, but I am convinced that free expression of affection along sentimental channels will do much to minimize the necessity for it along specifically sexual channels. I have gone three months without the physical outlet. The only time I was ever on the verge of nervous prostration was after having suppressed the instinct for ten months. The other feelings, which I do not consider as sexual feelings at all, so fill my life in every department—love, literature, poetry, music, professional and philanthropic activities—that I am able to let the physical take care of itself. When the physical sensations come, it is usually when I am not thinking of a loved one at all. I could dissipate them by raising my thought to that spiritual friendship. I do not know if this was right and wise. I know it is what occurred. It seems a good thing to practise some sort of inhibition of the centers and acquire this kind of domination. One bad result, however, was that I suffered much at times from the physical sensations, and felt horribly depressed and wretched whenever they seemed to get the better of me."

"I have been able," she writes, "successfully to master the desire for a more perfect and complete expression of my feelings, and I have done so without serious detriment to my health." "I love few people," she writes again, "but in these instances when I have permitted my heart to go out to a friend I have always experienced most exalted feelings, and have been made better by them morally, mentally, and spiritually. Love is with me a religion."

With regard to her attitude toward the other sex, she writes: "I have never felt a dislike for men, but have good comrades among them. During my childhood I associated with both girls and boys, enjoying them all, but wondering why the girls cared to flirt with boys. Later in life I have had other friendships with men, some of whom cared for me, much to my regret, for, naturally, I do not care to marry."

She is a musician, and herself attributes her nature in part to artistic temperament. She is of good intelligence, and shows remarkable talent for various branches of physical science. She is about 5 feet

4 inches in height, and her features are rather large. The pelvic measurements are normal, and the external sexual organs are fairly normal in most respects, though somewhat small. At a period ten years subsequent to the date of this history, further examination, under anæsthetics, by a gynecologist, showed no traces of ovary on one side. The general conformation of the body is feminine. But with arms, palms up, extended in front of her with inner sides of hands touching, she cannot bring the inner sides of forearms together, as nearly every woman can, showing that the feminine angle of arm is lost.

She is left-handed and shows a better development throughout on the left side. She is quiet and dignified, but has many boyish tricks of manner and speech which seem to be instinctive; she tries to watch herself continually, however, in order to avoid them, affecting feminine ways and feminine interests, but always being conscious of an effort in so doing.

Miss M. can see nothing wrong in her feelings; and, until, at the age of 28, she came across the translation of Krafft-Ebing's book, she had no idea "that feelings like mine were 'under the ban of society' as he puts it, or were considered unnatural and depraved." She would like to help to bring light on the subject and to lift the shadow from other lives. "I emphatically protest," she says, "against the uselessness and the inhumanity of attempts to 'cure' inverters. I am quite sure they have perfect right to live in freedom and happiness as long as they live unselfish lives. One must bear in mind that it is the soul that needs to be satisfied, and not merely the senses."

HISTORY XXXVIII.—Miss V., aged 35. Throughout early life up to adult age she was a mystery to herself, and morbidly conscious of some fundamental difference between herself and other people. There was no one she could speak to about this peculiarity. In the effort to conquer it, or to ignore it, she became a hard student and has attained success in the profession she adopted. A few years ago she came across a book on sexual inversion which proved to be a complete revelation to her of her own nature, and, by showing her that she was not an anomaly to be regarded with repulsion, brought her comfort and peace. She is willing that her experiences should be published for the sake of other women who may be suffering as in the past she has suffered.

"I am a teacher in a college for women. I am 34 years old and of medium size. Up to the age of 30 I looked much younger, and since older, than my age. Until 21 I had a strikingly child-like appearance. My physique has nothing masculine in it that I am aware of; but I am conscious that my walk is mannish, and I have very frequently been told that I do things—such as sewing,—'just like a man.' My voice is quite low but not coarse. I dislike household work, but am fond of

sports, gardening, etc. When so young that I cannot remember it, I learned to whistle, a practice at which I am still expert. When a young girl, I learned to smoke, and should still enjoy it.

"Several men have been good friends of mine, but very few suitors. I scarcely ever feel at ease with a man; but women I understand and can nearly always make my friends.

"I am of Scotch-Irish descent. My father's family were respectable, prosperous, religious people; my mother's family only semi-respectable, hard livers, shrewd, but not intelligent, industrious and money-getting, but fond of drinking and carousing. There were many illegitimates among them. Both grandmothers, though of little education, were unusual women. Of my four maternal uncles, three drank heavily.

"When 43, my mother gave birth to me, the youngest of 8 children. Of those who grew to adult years, 2 seem quite normal sexually; 1 is exceedingly erratic, entirely unprincipled, has been a thief and a forger, is a probable bigamist, and has betrayed several respectable women. Aside from his having inordinate desire, I know of no sexual abnormality. Another brother, married and a father, as a boy was much given to infatuations for men. I fancy this never went beyond infatuation and of late years has not been noticeable. A third brother, single, though much courted by women on account of his good looks and personal charm, is wholly unresponsive, has no gallantry, nor was ever, to my knowledge, a suitor. He is, however, fond of the society of women, especially those older than he. He has a somewhat effeminate voice and walk. Though he has begun of late years to smoke and drink a little, these habits sit rather oddly upon him. When a child, one of his favorite make-believe games was to pretend that he was a famous woman singer. At school he was always found hanging around the older girls.

"As a child I loved to stay in the fields, refused to wear a sun-bonnet, used to pretend I was a boy, climbed trees, and played ball. I liked to play with dolls, but I did not fondle them, or even make them dresses. When my hair was clipped, I was delighted and made everyone call me 'John.' I used to like to wear a man's broad-brimmed hat and make corn-cob pipes. I was very fond of my father and tried to imitate him as much as possible. Where animals were concerned, I was entirely fearless.

"I think I was not a sexually precocious child, though I seem to have always known in a dim way that there were two sexes. Very early I had a sense of shame at having my body exposed; I remember on one occasion I could not be persuaded to undress before a young girl visitor. At that time I must have been about 3. When I was 4 a neighbor who had often petted me took me on his lap and clasped my

hand around his penis. Though he was interrupted in a moment, this made a lasting impression on me. I had no physical sensation nor did I have any conception of the significance of the act. Yet I had a slight feeling of repulsion, and I must have dimly felt that it was wrong, for I did not tell my mother. I was not accustomed to confide in her, for, though truthful, I was secretive.

"At the age of 5 I commenced to attend a district school. I remember that on my first day I was greatly attracted by a little girl who wore a bright-red dress.

"My first definite knowledge of sex came in this way: I was attending Sabbath school and had become ambitious to read the Bible through. I had gotten as far as the account of the birth of Esau and Jacob, which aroused my curiosity. So I asked my mother the meaning of some word in the passage. She seemed embarrassed and evaded my question. This attitude stimulated my curiosity further, and I re-read the chapter until I understood it pretty well. Later I was further enlightened by girl playmates. I fancy I enjoyed listening to their talk and repeating what I knew on account of the mystery and secrecy with which sex subjects are surrounded rather than any sensual delight.

"I cannot recall any act of mine growing directly from sexual feeling until I was 10 years old. Several other little girls and myself two or three times exposed private parts of our bodies to each other. In one instance, at least, I was the instigator. This act gave me some pleasure, though no distinct physical sensation. One incident I recall that happened when I was about 10. A girl cousin and myself had been playing 'house' together. I do not recall what immediately led to it, but we began to address each other as boys and tried to urinate through long tubes of some sort. I also recall feeling a vague interest in this process in animals, and observing them closely in the act.

"From this time until I was about 14 I grew ruder, more boisterous and uncontrollable. Prior to this I had been a quite tractable child. When 12 I became interested in a boy in my grade at school, and tried to attract him, but failed. Once at a children's party where we were playing kissing games I tried to get him to kiss me, but he was unresponsive. I do not recall bothering myself about him after that. A year later I had a boy chum about whom my schoolmaster teased me. I thought this ridiculous. At the age of 13 I menstruated, a fact that caused me shame and anger. Gradually I grew to feel myself peculiar, why, I cannot explain. I did not seem to myself to be like other girls of my acquaintance. I adopted, as a defense, a brusque and defiant air. I spent a good deal of time playing alone in our backyard, where I made a pair of stilts, practised rope-walking, and such things. At school

I felt I was not liked by the nicer girls and began to associate with girls whom I now believe were immoral, but whom I then supposed did nothing worse than talk in an obscene manner. I copied their conversation and grew more reckless and uncontrollable. The principal of the high school I was attending, I learned afterward, said I was the hardest pupil to control she had ever had. About this time I read a book where a girl was represented as saying she had a 'boy's soul in a girl's body.' The applicability of this to myself struck me at once, and I read the sentence to my mother who disgusted me by appearing shocked.

"During this period I began to fall in love,—a practice which clung to me until I was nearly 30 years old. I recall various older women with whom I became much enamored, and one man. Of these there was only one with whom I became acquainted well enough to show any affection; another was a teacher, and another was a young married woman at whom I used to gaze ardently during an entire church service. Toward all my women teachers I had a somewhat sentimental attitude. They stimulated me, while the men gave me a wholly impersonal feeling. This abnormal sentimentality may have been caused, or at least was increased, by the reading of novels, some of a highly voluptuous nature. I began to read novels at 7, and from 11 to 14 I absorbed a great many undesirable ones. This led to my picturing my future with a lover, fancying myself in romantic scenes and being caressed and embraced. I had always supposed I should marry. When about 5 I decided that when I grew up I would marry a certain young man who used to come to our house. Several years later he married, to my real disappointment. I had no affection for him, but merely thought he would make a desirable husband.

"During my unhappy adolescence I heard that a former playmate was going to visit at my home. I began to look forward to the visit with much eagerness and at her arrival was much excited. I wished to stay alone with her and to caress her, and when we slept together I pressed my body against her in a sensual manner, which act she permitted, but without passion. I was greatly excited and could scarcely sleep. This was the first time I had acted in such a way, and after she left I felt shame and dislike for her. At future meetings there was never the least sensuality; we never referred to the first visit and are still friends, though not intimate.

"A diary which I kept during my fourteenth and fifteenth years is filled with romantic sentiments and endearing terms applied successively to three girls of my own age. I had but a speaking acquaintance with them, but I was strongly infatuated with all. One boy was also the object of adoration.

"During my thirteenth year I became for a time very religious and devoted to religious exercises. This passed and by my fourteenth year I had become heretical, but was still keenly sensitive to religious influences.

"When barely 16 I slept one night with a woman of low morals. She acted toward me in a sensual manner and aroused my sexual feelings. I felt at the time that this was a sin; but I was carried away by passion. Afterward I hated this woman and despised myself.

✓ "I then went away to a co-educational boarding school. Here for the first time I became happy. A girl of my own age, of fine character and noticeable refinement, fell in love with me and caused me to reciprocate. On retrospection I believe this to have been a genuine and beautiful love on both sides. After a few months, however, our relation, at my initiative and against my friend's will, became a physical one. We expressed our affection by mutual caresses, close embraces and lying on each other's bodies. I sometimes touched her sexual organs sensually. All this contact gave me exquisite thrills. After three years we had a misunderstanding and separated. I was greatly grieved and troubled for many years, and came to regret greatly the physical relationship that had existed between us. My friend at length fell in love and married. I had several other slighter infatuations for women, was courted by several men to whom I remained cold and bored except in one instance, where I was somewhat touched, and finally found a lasting friendship with a woman who had fallen deeply in love with me in her school days and had never been able to care for any one else. She is a woman of considerable literary talent and of good general ability and high ideals. She is usually much liked by men. Her love for me is the most real thing in the world for me, and seems the most permanent. At first my feeling for her was almost purely physical, although there were no sexual relations. I hated this feeling and have succeeded in overcoming it pretty largely. At times after long separations we have embraced with great passion, at least on my part. This has always had a bad physical effect on me. At present, however, it very rarely occurs. We both consider sexual feelings degrading and deleterious to real love. Whether at any time we have had complete physical satisfaction or gratification, I hardly know. I have experienced very keen physical pleasure, mingled with what I took to be great mental exaltation and quickening of the emotions. This condition was brought about by close contact with the body of my friend, usually by lying upon it. But if by 'gratification' it is meant that desire, having been completely satisfied, ceases temporarily, I think I have never had that experience. If I did, it was when I was about 18 when I lived with a girl friend in intimate relations. Of late years, at any rate, it has never happened

to me, and an embrace, however close, always leaves me with a desire for a closer union, both physical and spiritual. So a few years since, I came to the conclusion that it was impossible to obtain physical satisfaction through the woman I loved. I came to this conclusion because of the bad physical effects of contact. My sexual organs became highly sensitive and inflamed and I suffered pain from the inflammation and resulting leucorrhea. Should I allow myself to indulge in caresses this condition would return. My friend, fortunately, though very affectionate and demonstrative toward me, has very little sexual passion. The idea that our relationship is based upon it is very repugnant to her. I was at one time, a few years since, much discouraged and almost hopeless of being able to overcome my appetite, and I decided that we could not associate unless I succeeded. At present, with help, I have very largely succeeded in living with my friend on a basis of normal, though affectionate and tender, companionship. I have been helped more, and have learned more, through this companionship, than through anything else. The keen pleasure that I have felt when in responsive contact I never experienced in masturbation. So far as I remember it never took place till I was well along in my 'teens and was never an habitual practice, except the first summer I was separated from a school friend whom I loved. Thoughts of her aroused feelings which I attempted to satisfy in this way, but the entire sensuality of the act soon led me to refrain and to see that that was not what I wanted.

"A peculiar incident that might have some significance occurred to me about five years ago. I was sitting in a small room where a seminar was being conducted. The leader of the discussion was a man about 50, whom I looked up to on account of his attainments and respected as a man, though I knew him socially very slightly. I had lost a night's sleep from toothache and was feeling nervous. I was giving my entire attention to the subject in hand, when suddenly I felt a very strong physical compulsion toward that man. I did not know what I was going to do, but I felt on the point of losing all control of myself. I was afraid to leave, for fear the slightest movement would throw me into a panic. The attraction was entirely physical and like nothing I had felt before. And I had a strange feeling that its cause was in the man himself; that he was willing it; I was like a spectator. It was some moments before the assemblage broke up, when my 'possession' completely disappeared and never recurred.

"Regarding dreams, I will say that not until the past year or two have I been conscious of having clear-cut dreams with definite happenings. They seemed usually to leave only vague impressions, such as a feeling that I had been riding horseback, or trying to perform some hard task. Sexual dreams I do not recall having had for several years,

except that occasionally I am awakened by a feeling of uncomfortable sexual desire, which seems usually caused by a need to urinate. Between the ages of 17 and 22, approximately, I frequently, perhaps several times a month, would have vague sexual dreams. These always, I think, occurred when I happened to be sleeping with someone whom, in my dream, I would mistake for my intimate friend, and would awaken myself by embracing my bedfellow with sometimes a slight, sometimes considerable degree of passion. I have finally arrived at some understanding of my own temperament, and am no longer miserable and melancholy. I regret that I am not a man, because I could then have a home and children."

✓ HISTORY XXXIX.—Miss D., actively engaged in the practice of her profession, aged 40. Heredity good, nervous system sound, general health on the whole satisfactory. Development feminine but manner and movements somewhat boyish. Menstruation scanty and painless. Hips normal, nates small, sexual organs showing some approximation toward infantile type with large labia minora and probably small vagina. Tendency to development of hair on body and especially lower limbs. The narrative is given in her own words:—

"Ever since I can remember anything at all I could never think of myself as a girl and I was in perpetual trouble, with this as the real reason. When I was 5 or 6 years old I began to say to myself that, whatever anyone said, if I was not a boy at any rate I was not a girl. This has been my unchanged conviction all through my life.

"When I was little, nothing ever made me doubt it, in spite of external appearance. I regarded the conformation of my body as a mysterious accident. I could not see why it should have anything to do with the matter. The things that really affected the question were my own likes and dislikes, and the fact that I was not allowed to follow them. I was to like the things which belonged to me as a girl,—frocks and toys and games which I did not like at all. I fancy I was more strongly 'boyish' than the ordinary little boy. When I could only crawl my absorbing interest was hammers and carpet-nails. Before I could walk I begged to be put on horses' backs, so that I seem to have been born with the love of tools and animals which has never left me.

"I did not play with dolls, though my little sister did. I was often reproached for not playing her games. I always chose boys' toys,—tops and guns and horses; I hated being kept indoors and was always longing to go out. By the time I was 7 it seemed to me that everything I liked was called wrong for a girl. I left off telling my elders what I did like. They confused and wearied me by their talk of boys and girls. I did not believe them and could hardly imagine that they believed themselves. By the time I was 8 or 9 I used to wonder whether

they were dupes, or liars, or hypocrites, or all three. I never believed or trusted a grown person in consequence. I led my younger brothers in everything. I was not at all a happy little child and often cried and was made irritable; I was so confused by the talk about boys and girls. I was held up as an evil example to other little girls who virtuously despised me.

"When I was about 9 years old I went to a day school and began to have a better time. From 9 to 13 I practically shaped my own life. I learned very little at school, and openly hated it, but I read a great deal at home and got plenty of ideas. I lived, however, mainly out of doors whenever I could get out. I spent all my pocket money on tools, rabbits, pigeons and many other animals. I became an ardent pigeon-catcher, not to say thief, though I did not knowingly steal.

"My brothers were as devoted to the animals as I was. The men were supposed to look after them, but we alone did so. We observed, mated, separated, and bred them with considerable skill. We had no language to express ourselves, but one of our own. We were absolutely innocent, and sweetly sympathetic with every beast. I don't think we ever connected their affairs with those of human beings, but as I do not remember the time when I did not know all about the actual facts of sex and reproduction, I presume I learned it all in that way, and life never had any surprises for me in that direction. Though, I saw many sights that a child should not have seen, while running about wild, I never gave them a thought; all animals great and small from rabbits to men had the same customs, all natural and right. My initiation here was, in my eyes, as nearly perfect as a child's should be. I never asked grown people questions. I thought all those in charge of me coarse and untruthful and I disliked all ugly things and suggestions.

"Every half-holiday I went out with the boys from my brothers' school. They always liked me to play with them, and, though not pleasant-tongued boys, were always civil and polite to me. I organized games and fortifications that they would never have imagined for themselves, led storming parties, and instituted some rather dangerous games of a fighting kind. I taught my brothers to throw stones. Sometimes I led adventures such as breaking into empty houses. I liked being out after dark.

"In the winter I made and rigged boats and went sailing them, and I went rafting and pole-leaping. I became a very good jumper and climber, could go up a rope, bowl overhand, throw like a boy, and whistle three different ways. I collected beetles and butterflies and went shrimping and learned to fish. I had very little money to spend, but I picked things up and I made all traps, nets, cages, etc., myself.

I learned from every working-man, I could get hold of the use of all ordinary carpenters' tools, and how to weld hot iron, pave, lay bricks and turf, and so on.

"When I was about 11 my parents got more mortified at my behavior and perpetually threatened me with a boarding-school. I was told for months how it would take the nonsense out of me—'shape me,' 'turn me into a young lady.' My going was finally announced to me as a punishment to me for being what I was.

"Certainly, the horror of going to this school and the cruel and unsympathetic way that I was sent there gave me a shock that I never got over. The only thing that reconciled me to going was my intense indignation with those who sent me. I appealed to be allowed to learn Latin and boys' subjects, but was laughed at.

"I was so helpless that I knew I could not run away without being caught, or I would have run away anywhere from home and school. I never cried or fretted, but burnt with anger and went like a trapped rabbit.

"In no words can I describe the severity of the nervous shock, or the suffering of my first year at school. The school was noted for its severity and I heard that at one period the elder girls ran away so often that they wore a uniform dress. I knew two who had run away. The teachers in my time were ignorant, self-indulgent women who cared nothing for the girls or their education and made much money out of them. There was a suspicious reformatory atmosphere, and my money was taken from me and my letters read.

"I was intensely shy. I hated the other girls. There were no refinements anywhere; I had no privacy in my room, which was always overcrowded; we had no hot water, no baths, improper food, and no education. We were not allowed to wear enough clean linen, and for five years I never felt clean.

"I never had one moment to myself, was not allowed to read anything, had even not enough lesson books, was taught nothing to speak of except a little inferior music and drawing. I never got enough exercise, and was always tired and dull, and could not keep my digestion in order. My pride and self-respect were degraded in innumerable ways, I suffered agonies of disgust, and the whole thing was a dreary penal servitude.

"I did not complain. I made friends with a few of the girls. Some of the older girls were attracted to me. Some talked of men and love affairs to me, but I was not greatly interested. No one ever spoke of any other matters of sex to me or in my hearing, but most of the girls were shy with me and I with them.

"In about two years' time the teachers got to like me and thought me one of their nicest girls. I certainly influenced them and got them to allow the girls more privileges.

"I lay great stress upon the physical privations and disgust that I felt during these years. The mental starvation was not quite so great because it was impossible for them to crush my mind as they did my body. That it all materially aided to arrest the development of my body I am certain.

"It is difficult to estimate sexual influences of which as a child I was practically unaware. I certainly admired the liveliest and cleverest girls and made friends with them and disliked the common, lumpy, uneducated type that made two-thirds of my companions. The lively girls liked me, and I made several nice friends whom I have kept ever since. One girl of about 15 took a violent liking for me and figuratively speaking licked the dust from my shoes. I would never take any notice of her. When I was nearly 16 one of my teachers began to notice me and be very kind to me. She was twenty years older than I was. She seemed to pity my loneliness and took me out for walks and sketching, and encouraged me to talk and think. It was the first time in my life that anyone had ever sympathized with me or tried to understand me and it was a most beautiful thing to me. I felt like an orphan child who had suddenly acquired a mother, and through her I began to feel less antagonistic to grown people and to feel the first respect I had ever felt for what they said. She petted me into a state of comparative docility and made the other teachers like and trust me. My love for her was perfectly pure, and I thought of her's as simply maternal. She never roused the least feeling in me that I can think of as sexual. I liked her to touch me and she sometimes held me in her arms or let me sit on her lap. At bedtime she used to come and say good-night and kiss me upon the mouth. I think now that what she did was injudicious to a degree, and I wish I could believe it was as purely unselfish and kind as it seemed to me then. After I had left school I wrote to her and visited her during a few years. Once she wrote to me that if I could give her employment she would come and live with me. Once when she was ill with neurasthenia her friends asked me to go to the seaside with her, which I did. Here she behaved in an extraordinary way, becoming violently jealous over me with another elderly friend of mine who was there. I could hardly believe my senses and was so astonished and disgusted that I never went near her again. She also accused me of not being 'loyal' to her; to this day I have no idea what she meant. She then wrote and asked me what was wrong between us, and I replied that after the words she had had with me my confidence in her was at an end. It gave me no particular pang as I had by this time outgrown

the simple gratitude of my childish days and not replaced it by any stronger feeling. All my life I have had the profoundest repugnance to having any 'words' with other women.

"I was much less interested in sex matters than other children of my age. I was altogether less precocious, though I knew more, I imagine, than other girls. Nevertheless, by the time I was 15 social matters had begun to interest me greatly. It is difficult to say how this happened, as I was forbidden all books and newspapers (except in my holidays when I had generally a reading orgy, though not the books I needed or wanted). I had abundant opportunities for speculation, but no materials for any profitable thinking.

"Dreaming was forced upon me. I dreamed fairy-tales by night and social dreams by day. In the nightdreams, sometimes in the daydreams, I was always the prince or the pirate, rescuing beauty in distress, or killing the unworthy. I had one dream which I dreamed over and over again and enjoyed and still sometimes dream. In this I was always hunting and fighting, often in the dark; there was usually a woman or a princess, whom I admired, somewhere in the background, but I have never really seen her. Sometimes I was a stowaway on board ship or an Indian hunter or a backwoodsman making a log-cabin for my wife or rather some companion. My daythoughts were not about the women round about me, or even about the one who was so kind to me; they were almost impersonal. I went on, at any rate, from myself to what I thought the really ideal and built up a very beautiful vision of solid human friendship in which there was everything that was strong and wholesome on either side, but very little of sex. To imagine this in its fullness I had to imagine all social, family, and educational conditions vastly different from anything I had come across. From this my thoughts ran largely on social matters. In whatever direction my thoughts ran I always surveyed them from the point of view of a boy. I was trying to wait patiently till I could escape from slavery and starvation, and trying to keep the open mind I have spoken of, though I never opened a book of poetry, or a novel, or a history, but I slipped naturally back into my non-girl's attitude and read it through my own eyes. All my surface-life was a sham, and only through books, which were few, did I ever see the world naturally. A consideration of social matters led me to feel very sorry for women, whom I regarded as made by a deliberate process of manufacture into the fools I thought they were, and by the same process that I myself was being made one. I felt more and more that men were to be envied and women pitied. I lay stress on this for it started in me a deliberate interest in women as women. I began to feel protective and kindly toward women and children and to excuse women from their responsibility for calamities.

such as my school-career. I never imagined that men required, or would have thanked me for, any sort of sympathy. But it came about in these ways, and without the least help that I can trace, that by the time I was 19 years of age I was keenly interested in all kinds of questions: pity for downtrodden women, suffrage questions, marriage laws, questions of liberty, freedom of thought, care of the poor, views of Nature and Man and God. All these things filled my mind to the exclusion of individual men and women. As soon as I left school I made a headlong plunge into books where these things were treated; I had the answers to everything to find after a long period of enforced starvation. I had to work for my knowledge. No books or ideas came near me but what I went in search of. Another thing that helped me to take an expansive view of life at this time was my intense love of Nature. All birds and animals affected me by their beauty and grace, and I have always kept a profound sympathy with them as well as some subtle understanding which enables me to tame them, at times remarkably. I not only loved all other creatures, but I believed that men and women were the most beautiful things in the universe and I would rather look at them (unclothed) than on any other thing, as my greatest pleasure. I was prepared to like them because they were beautiful. When the time came for me to leave school I rather dreaded it, chiefly because I dreaded my life at home. I had a great longing at this time to run away and try my fortune anywhere; possibly if I had been stronger I might have done so. But I was in very poor health through the physical crushing I had had, and in very poor spirits through this and my mental repression. I still knew myself a prisoner and I was bitterly disappointed and ashamed at having no education. I afterward had myself taught arithmetic and other things.

"The next period of my life which covered about six years was not less important to my development, and was a time of extreme misery to me. It found me, on leaving school, almost a child. This time between 18 and 24 should, I think, count as my proper period of puberty, which probably in most children occupies the end years of their school-life.

"It was at this time that I began to make a good many friends of my own and to become aware of psychical and sexual attractions. I had never come across any theories on the subject, but I decided that I must belong to a third sex of some kind. I used to wonder if I was like the neuter bees! I knew physical and psychical sex feeling and yet I seemed to know it quite otherwise from other men and women. I asked myself if I could endure living a woman's life, bearing children and doing my duty by them. I asked myself what hiatus there could be between my bodily structure and my feelings, and also what was the

meaning of the strong physical feelings which had me in their grip without choice of my own. [Experience of physical sex sensations first began about 16 in sleep; masturbation was accidentally discovered at the age of 19, abandoned at 28, and then at 34 deliberately resumed as a method of purely physical relief.] These three things simply would not be reconciled and I said to myself that I must find a way of living in which there was as little sex of any kind as possible. There was something that I simply lacked; that I never doubted. Curiously enough, I thought that the ultimate explanation might be that there were men's minds in women's bodies, but I was more concerned in finding a way of life than in asking riddles without answers.

"I thought that one day when I had money and opportunity I would dress in men's clothes and go to another country, in order that I might be unhampered by sex considerations and conventions. I determined to live an honorable, upright, but simple life.

"I had no idea at first that homosexual attractions in women existed; afterward observations on the lower animals put the idea into my head. I made no preparation in my mind for any sexual life, though I thought it would be a dreary business repressing my body all my days.

"My relations with other women were entirely pure. My attitude toward my sexual physical feelings was one of reserve and repression, and I think the growing conviction of my radical deficiency somewhere, would have made intimate affection for anyone, with any demonstration in it, a kind of impropriety for which I had no taste.

"However, between 21 and 24 other things happened to me.

"During these few years I saw plenty of men and plenty of women. As regards the men I liked them very well, but I never thought the man would turn up with whom I should care to live. Several men were very friendly with me and three in particular used to write me letters and give me much of their confidence. I invited two of them to visit at my house. All these men talked to me with freedom and even told me about their sexual ideas and doings. One asked me to believe that he was leading a good life; the other two owned that they were not. One discussed the question of homosexuality with me; he has never married. I liked one of them a good deal, being attracted by his softness and gentleness and almost feminine voice. It was hoped that I would take to him and he very cautiously made love to me. I allowed him to kiss me a few times and wrote him a few responsive letters, wondering what I liked in him. Someone then commented on the acquaintance and said 'marriage,' and I woke up to the fact that I did not really want him at all. I think he found the friendship too insipid and was glad to be out of it. All these men were a trifle feminine in characteristics, and

two played no games. I thought it odd that they should all express admiration for the very boyish qualities in me that other people disliked. A fourth man, something of the same type, told another friend that he always felt surprised at how freely he was able to talk to me, but that he never could feel that I was a woman. Two of these were brilliantly clever men; two were artists.

"At the same period, or earlier, I made a number of women friends, and of course saw more of them. I chose out some and some chose me; I think I attracted them as much as, or even more than, they attracted me. I do not quite remember if this was so, though I can say for certain that it was so at school. There were three or four bright, clever, young women whom I got to know then with whom I was great friends. We were interested in books, social theories, politics, art. Sometimes I visited them or we went on exploring expeditions to many country places or towns. They all in the end either had love affairs or married. I know that in spite of all our free conversations they never talked to me as they did to each other; we were always a little shy with each other. But I got very fond of at least four of them. I admired them and when I was tired and worried I often thought how easily, if I had been a man, I could have married and settled down with one or the other. I used, to think it would be delightful to have a woman to work for and take care of. My attraction to these women was very strong, but I don't think they knew it. I seldom even kissed them, but I should often have cheerfully given them a good hugging and kissing if I had thought it a right or proper thing to do. I never wanted them to kiss me half so much as I wanted to kiss them. In these years I felt this with every woman I admired.

"Occasionally, I experienced slight erections when close to other women. I am sure that no deliberate thought of mine caused them, and as I had them at other times too, when I was not expecting them, I think it may have been accidental. What I felt with my mind and what I felt with my body always at this time seemed apart. I cannot accurately describe the interest and attraction that women then were to me. I only know I never felt anything like it for men. All my feelings of desire to do kindnesses, to give presents, to be liked and respected and all such natural small matters, referred to women, not to men, and at this time, both openly and to myself, I said unhesitatingly that I liked women best. It must be remembered that at this time a dislike for men was being fostered in me by those who wanted me to marry, and this must have counted for more than I now remember.

"As regards my physical sexual feelings, which were well established during these few years, I don't think I often indulged in any erotic imaginations worth estimating, but so far as I did at all, I always

imagined myself as a man loving a woman. I cannot recall ever imagining the opposite, but I seldom imagined anything at all, and I suppose ultimate sex sensations know no sex.

"But as time went on and my physical and psychical feelings met, at any rate in my own mind, I became fully aware of the meaning of love and even of homosexual possibilities.

"I should probably have thought more of this side of things except that during this time I was so worried by the difficulty of living in my home under the perpetual friction of comparison with other people. My life was a sham; I was an actor never off the boards. I had to play at being a something I was not from morning till night, and I had no cessation of the long fatigue I had had at school; in addition I had sex to deal with actively and consciously.

"Looking back on these twenty-four years of my life I only look back on a round of misery. The nervous strain was enormous and so was the moral strain. Instead of a child I felt myself, whenever I desired to please anyone else, a performing monkey. My pleasures were stolen or I was snubbed for taking them. I was not taught and was called a fool. My hand was against everybody's. How it was that with my high spirits and vivid imagination I did not grow up a moral imbecile full of perverted instincts I do not know. I describe myself as a docile child, but I was full of temptations to be otherwise. There were times when I was silent before people, but if I had had a knife in my hand I could have stuck it into them. If it had been desired to make me a thoroughly perverted being I can imagine no better way than the attempt to mould me by force into a particular pattern of girl.

"Looking at my instincts in my first childhood and my mental confusion over myself, I do not believe the most sympathetic and scientific treatment would have turned me into an average girl, but I see no reason why proper physical conditions should not have induced a better physical development and that in its turn have led to tastes more approximate to those of the normal woman. That I do not even now desire to be a normal woman is not to the point.

"Instead of any such help, I suffered during the time that should have been puberty from a profound mental and physical shock which was extended over several years, and in addition I suffered from the outrage of every fine and wholesome feeling I had. These things by checking my physical development gave, I am perfectly convinced, a traumatic impetus to my general abnormality, and this was further kept up by demanding of me (at the dawn of my real sexual activity, and when still practically a child) an interest in men and marriage which I was no more capable of feeling than any ordinary boy or girl of 15. If you had taken a boy of 13 and given him all my conditions, bound him hand-

and foot, when you became afraid of him petted him into docility, and then placed him in the world and, while urging normal sexuality upon him on the one hand, made him disgusted with it on the other, what would have been the probable result?

"Looking back, I can only say I think the results in my own case were marvellously good, and that I was saved from worse by my own innocence and by the physical backwardness which nature, probably in mercy, bestowed upon me.

"I find it difficult to sum up the way in which I affect other women and they me. I can only record my conviction that I do affect a large number, whether abnormally or not I don't know, but I attract them and it would be easy for some of them to become very fond of me if I gave them a chance. They are also, I am certain, more shy with me than they are with other women.

"I find it difficult also to sum up their effect on me. I only know that some women attract me and some tempt me physically, and have done ever since I was about 22 or 23. I know that psychically I have always been more interested in women than in men, but have not considered them the best companions or confidants. I feel protective towards them, never feel jealous of them, and hate having differences with them. And I feel always that I am not one of them. If there had been any period in my life when health and temptation and money and opportunity had made homosexual relations easy I cannot say how I should have resisted. I think that I have never had any such relations simply because I have in a way been safeguarded from them. For a long time I thought I must do without all actual sexual relations and acted up to that. If I had thought any relations right and possible I think I should have striven for heterosexual experiences because of the respect that I had cultivated, indeed I think always had, for the normal and natural. If I had thought it right to indulge any sort of gratification which was within my reach I think I might probably have chosen the homosexual as being perhaps more satisfying and more convenient. I always wanted love and friendship first; later I should have been glad of something to satisfy my sex hunger too, but by that time I could have done without it, or I thought so."

At a period rather later than that dealt with in this narrative, the subject of it became strongly attracted to a man who was of somewhat feminine and abnormal disposition. But on consideration she decided that it would not be wise to marry him.

The commonest characteristic of the sexually inverted woman is a certain degree of masculinity or boyishness. As I have already pointed out, transvestism in either women or men

by no means necessarily involves inversion. In the volume of *Women Adventurers*, edited by Mrs. Norman for the Adventure Series, there is no trace of inversion; in most of these cases, indeed, love for a man was precisely the motive for adopting male garments and manners. Again, Colley Cibber's daughter, Charlotte Charke, a boyish and vivacious woman, who spent much of her life in men's clothes, and ultimately wrote a lively volume of memoirs, appears never to have been attracted to women, though women were often attracted to her, believing her to be a man; it is, indeed, noteworthy that women seem, with special frequency, to fall in love with disguised persons of their own sex.¹ There is, however, a very pronounced tendency among sexually inverted women to adopt male attire when practicable. In such cases male garments are not usually regarded as desirable chiefly on account of practical convenience, nor even in order to make an impression on other women, but because the wearer feels more at home in them. Thus, Moll mentions the case of a young governess of 16 who, while still unconscious of her sexual perversion, used to find pleasure, when everyone was out of the house, in putting on the clothes of a youth belonging to the family.

¹ An interesting ancient example of a woman with an irresistible impulse to adopt men's clothing and lead a man's life, but who did not, so far as is known, possess any sexual impulses, is that of Mary Frith, commonly called Moll Cutpurse, who lived in London at the beginning of the seventeenth century. *The Life and Death of Mrs. Mary Frith* appeared in 1662; Middleton and Rowley also made her the heroine of their delightful comedy, *The Roaring Girl* (*Mermaid Series*, *Middleton's Plays*, volume ii), somewhat idealizing her, however. She seems to have belonged to a neurotic and eccentric stock; "each of the family," her biographer says, "had his peculiar freak." As a child she only cared for boys' games, and could never adapt herself to any woman's avocations. "She had a natural abhorrence to the tending of children." Her disposition was altogether masculine; "she was not for mincing obscenity, but would talk freely, whatever came uppermost." She never had any children, and was not taxed with debauchery: "No man can say or affirm that ever she had a sweetheart or any such fond thing to dally with her;" a mastiff was the only living thing she cared for. Her life was not altogether honest, but not so much from any organic tendency to crime, it seems, as because her abnormal nature and restlessness made her an outcast. She was too fond of drink, and is said to have been the first woman who smoked tobacco. Nothing is said or suggested of any homosexual practices, but we see clearly here what may be termed the homosexual diathesis.

Cases have been recorded of inverted women who spent the greater part of their lives in men's clothing and been generally regarded as men. I may cite the case of Lucy Ann Slater, *alias* the Rev. Joseph Loddell, recorded by Wise (*Alienist and Neurologist*, 1883). She was masculine in character, features, and attire. In early life she married and had a child, but had no affection for her husband, who eventually left her. As usual in such cases, her masculine habits appeared in early childhood. She was expert with the rifle, lived the life of a trapper and hunter among the Indians, and was known as the "Female Hunter of Long Eddy." She published a book regarding those experiences. I have not been able to see it, but it is said to be quaint and well written. She regarded herself as practically a man, and became attached to a young woman of good education, who had also been deserted by her husband. The affection was strong and emotional, and, of course, without deception. It was interrupted by her recognition and imprisonment as a vagabond, but on the petition of her "wife" she was released. "I may be a woman in one sense," she said, "but I have peculiar organs which make me more a man than a woman." She alluded to an enlarged clitoris which she could erect, she said, as a turtle protrudes its head, but there was no question of its use in coitus. She was ultimately brought to the asylum with paroxysmal attacks of exaltation and erotomania (without self-abuse apparently) and corresponding periods of depression, and she died with progressive dementia. I may also mention the case (briefly recorded in the *Lancet*, February 22, 1884) of a person called John Coulter, who was employed for twelve years as a laborer by the Belfast Harbor Commissioners. When death resulted from injuries caused in falling down stairs, it was found that this person was a woman. She was fifty years of age, and had apparently spent the greater part of her life as a man. When employed in early life as a man-servant on a farm, she had married her mistress's daughter. The pair were married for twenty-nine years, but during the last six years lived apart, owing to the "husband's" dissipated habits. No one ever suspected her sex. She was of masculine appearance and good muscular development. The "wife" took charge of the body and buried it.

A more recent case of the same kind is that of "Murray Hall," who died in New York in 1901. Her real name was Mary Anderson, and she was born at Govan, in Scotland. Early left an orphan, on the death of her only brother she put on his clothes and went to Edinburgh, working as a man. Her secret was discovered during an illness, and she finally went to America, where she lived as a man for thirty years, making money, and becoming somewhat notorious as a Tammany politician, a rather riotous "man about town." The secret was not discovered till her death, when it was a complete revelation, even to her adopted daughter

She married twice; the first marriage ended in separation, but the second marriage seemed to have been happy, for it lasted twenty years, when the "wife" died. She associated much with pretty girls, and was very jealous of them. She seems to have been slight and not very masculine in general build, with a squeaky voice, but her ways, attitude, and habits were all essentially masculine. She associated with politicians, drank somewhat to excess, though not heavily, swore a great deal, smoked and chewed tobacco, sang ribald songs; could run, dance, and fight like a man, and had divested herself of every trace of feminine daintiness. She wore clothes that were always rather too large in order to hide her form, baggy trousers, and an overcoat even in summer. She is said to have died of cancer of the breast. (I quote from an account, which appears to be reliable, contained in the *Weekly Scotsman*, February 9, 1901.)

Another case, described in the London papers, is that of Catharine Coome, who for forty years successfully personated a man and adopted masculine habits generally. She married a lady's maid, with whom she lived for fourteen years. Having latterly adopted a life of fraud, her case gained publicity as that of the "man-woman."

In 1901 the death on board ship was recorded of Miss Caroline Hall, of Boston, a water-color painter who had long resided in Milan. Three years previously she discarded female dress and lived as "husband" to a young Italian lady, also an artist, whom she had already known for seven years. She called herself "Mr. Hall" and appeared to be a thoroughly normal young man, able to shoot with a rifle and fond of manly sports. The officers of the ship stated that she smoked and drank heartily, joked with the other male passengers, and was hail-fellow-well-met with everyone. Death was due to advanced tuberculosis of the lungs, hastened by excessive drinking and smoking.

Ellen Glenn, *alias* Ellis Glenn, a notorious swindler, who came prominently before the public in Chicago during 1905, was another "man-woman," of large and masculine type. She preferred to dress as a man and had many love escapades with women. "She can fiddle as well as anyone in the State," said a man who knew her, "can box like a pugilist, and can dance and play cards."

In Seville, a few years ago, an elderly policeman, who had been in attendance on successive governors of that city for thirty years, was badly injured in a street accident. He was taken to the hospital and the doctor there discovered that the "policeman" was a woman. She went by the name of Fernando Mackenzie and during the whole of her long service no suspicion whatever was aroused as to her sex. She was French by birth, born in Paris in 1836, but her father was English and her mother Spanish. She assumed her male disguise when

she was a girl and served her time in the French army, then emigrated to Spain, at the age of 35, and contrived to enter the Madrid police force disguised as a man. She married there and pretended that her wife's child was her own son. She removed to Seville, still serving as a policeman, and was engaged there as cook and orderly at the governor's palace. She served seven successive governors. In consequence of the discovery of her sex she has been discharged from the police without the pension due to her; her wife had died two years previously, and "Fernando" spent all she possessed on the woman's funeral. Mackenzie had a soft voice, a refined face with delicate features, and was neatly dressed in male attire. When asked how she escaped detection so long, she replied that she always lived quietly in her own house with her wife and did her duty by her employers so that no one meddled with her.

In Chicago in 1906 much attention was attracted to the case of "Nicholai de Raylan," confidential secretary to the Russian Consul, who at death (of tuberculosis) at the age of 33 was found to be a woman. She was born in Russia and was in many respects very feminine, small and slight in build, but was regarded as a man, and even as very "manly," by both men and women who knew her intimately. She was always very neat in dress, fastidious in regard to shirts and ties, and wore a long-waisted coat to disguise the lines of her figure. She was married twice in America, being divorced by the first wife, after a union lasting ten years, on the ground of cruelty and misconduct with chorus girls. The second wife, a chorus girl who had been previously married and had a child, was devoted to her "husband." Both wives were firmly convinced that their husband was a man and ridiculed the idea that "he" could be a woman. I am informed that De Raylan wore a very elaborately constructed artificial penis. In her will she made careful arrangements to prevent detection of sex after death, but these were frustrated, as she died in a hospital.

In St. Louis, in 1909, the case was brought forward of a young woman of 22, who had posed as a man for nine years. Her masculine career began at the age of 13 after the Galveston flood which swept away all her family. She was saved and left Texas dressed as a boy. She worked in livery stables, in a plough factory, and as a bill-poster. At one time she was the adopted son of the family in which she lived and had no difficulty in deceiving her sisters by adoption as to her sex. On coming to St. Louis in 1902 she made chairs and baskets at the American Rattan Works, associating with fellow-workmen on a footing of masculine equality. One day a workman noticed the extreme smallness and dexterity of her hands. "Gee, Bill, you should have been a girl!" "How do you know I'm not?" she retorted. In such

ways her ready wit and good humor always disarmed suspicion as to her sex. She shunned no difficulties in her work or in her sports, we are told, and never avoided the severest tests. "She drank, she swore, she courted girls, she worked as hard as her fellows, she fished and camped; she told stories with the best of them, and she did not flinch when the talk grew strong. She even chewed tobacco." Girls began to fall in love with the good-looking boy at an early period, and she frequently boasted of her feminine conquests; with one girl who worshipped her there was a question of marriage. On account of lack of education she was restricted to manual labor, and she often chose hard work. At one time she became a boiler-maker's apprentice, wielding a hammer and driving in hot rivets. Here she was very popular and became local secretary of the International Brotherhood of Boiler-makers. In physical development she was now somewhat of an athlete. "She could outrun any of her friends on a sprint; she could kick higher, play baseball, and throw the ball overhand like a man, and she was fond of football. As a wrestler she could throw most of the club members." The physician who examined her for an insurance policy remarked: "You are a fine specimen of physical manhood, young fellow. Take good care of yourself." Finally, in a moment of weakness, she admitted her sex and returned to the garments of womanhood.

In London, in 1912, a servant-girl of 23 was charged in the Acton Police Court with being "disorderly and masquerading," having assumed man's clothes and living with another girl, taller and more handsome than herself, as husband and wife. She had had slight brain trouble as a child, and was very intelligent, with a too active brain; in her spare time she had written stories for magazines. The two girls became attached through doing Christian social work together in their spare time, and resolved to live as husband and wife to prevent any young man from coming forward. The "husband" became a plumber's mate, and displayed some skill at fisticuffs when at length discovered by the "wife's" brother. Hence her appearance in the Police Court. Both girls were sent back to their friends, and situations found for them as day-servants. But as they remained devoted to each other arrangements were made for them to live together.

Another case that may be mentioned is that of Cora Anderson, "the man-woman of Milwaukee," who posed for thirteen years as a man, and during that period lived with two women as her wives without her disguise being penetrated. (Her "Confessions" were published in the *Day Book* of Chicago during May, 1914.)

It would be easy to bring forward other cases. A few instances of marriage between women will be found in the *Alienist and Neu*

rologist, Nov., 1902, p. 497. In all such cases more or less fraud has been exercised. I know of one case, probably unique, in which the ceremony was gone through without any deception on any side: a congenitally inverted Englishwoman of distinguished intellectual ability, now dead, was attached to the wife of a clergyman, who, in full cognizance of all the facts of the case, privately married the two ladies in his own church.

When they still retain female garments, these usually show some traits of masculine simplicity, and there is nearly always a disdain for the petty feminine artifices of the toilet. Even when this is not obvious, there are all sorts of instinctive gestures and habits which may suggest to female acquaintances the remark that such a person "ought to have been a man." The brusque, energetic movements, the attitude of the arms, the direct speech, the inflexions of the voice, the masculine straightforwardness and sense of honor, and especially the attitude toward men, free from any suggestion either of shyness or audacity, will often suggest the underlying psychic abnormality to a keen observer.

In the habits not only is there frequently a pronounced taste for smoking cigarettes, often found in quite feminine women, but also a decided taste and toleration for cigars. There is also a dislike and sometimes incapacity for needle-work and other domestic occupations, while there is often some capacity for athletics.

As regards the general bearing of the inverted woman, in its most marked and undisguised form, I may quote an admirable description by Prof. Zuccarelli, of Naples, of an unmarried middle-class woman of 35: "While retaining feminine garments, her bearing is as nearly as possible a man's. She wears her thin hair thrown carelessly back *alla Umberto*, and fastened in a simple knot at the back of her head. The breasts are little developed, and compressed beneath a high corset; her gown is narrow without the expansion demanded by fashion. Her straw hat with broad plaits is perhaps adorned by a feather, or she wears a small hat like a boy's. She does not carry an umbrella or sunshade, and walks out alone, refusing the company of men; or she is accompanied by a woman, as she prefers, offering her arm and carrying the other hand at her waist, with the air of a fine gentleman. In a carriage her bearing is peculiar and unlike that habitual with women. Seated in the middle of the double

seat, her knees being crossed or else the legs well separated, with a virile air and careless easy movements she turns her head in every direction, finding an acquaintance here and there with her eye, saluting men and women with a large gesture of the hand as a business man would. In conversation her pose is similar; she gesticulates much, is vivacious in speech, with much power of mimicry, and while talking she arches the inner angles of her eyebrow, making vertical wrinkles at the center of her forehead. Her laugh is open and explosive and uncovers her white rows of teeth. With men she is on terms of careless equality." (*"Inversione congenita dell'istinto sessuale in una donna," L'Anomalo*, February, 1889.)

"The inverted woman," Hirschfeld truly remarks (*Die Homosexualität*, p. 158), "is more full of life, of enterprise, of practical energy, more aggressive, more heroic, more apt for adventure, than either the heterosexual woman or the homosexual man." Sometimes, he adds, her mannishness may approach reckless brutality, and her courage becomes rashness. This author observes, however, in another place (p. 272) that, in addition to this group of inverted women with masculine traits there is another group, "not less large," of equally inverted women who are outwardly as thoroughly feminine as are normal women. This is not an observation which I am able to confirm. It appears to me that the great majority of inverted women possess some masculine or boyish traits, even though only as slight as those which may occasionally be revealed by normal women. Extreme femininity, in my observation, is much more likely to be found in bisexual than in homosexual women, just as extreme masculinity is much more likely to be found in bisexual than in homosexual men.

While inverted women frequently, though not always, convey an impression of mannishness or boyishness, there are no invariable anatomical characteristics associated with this impression. There is, for instance, no uniform tendency to a masculine distribution of hair. Nor must it be supposed that the presence of a beard in a woman indicates a homosexual tendency. "Bearded women," as Hirschfeld remarks, are scarcely ever inverted, and it would seem that the strongest reversals of secondary sexual characters less often accompany homosexuality than slighter modifications of these characters.¹ A faint moustache and other slight manifestations of hypertrichosis also

¹Hirschfeld, *Die Homosexualität*, p. 137.

by no means necessarily indicate homosexuality. To some extent it is a matter of race; thus in the Pera district of Constantinople, Weissenberg, among nearly seven hundred women between about 18 and 50 years of age, noted that 10 per cent. showed hair on the upper lip; they were most often Armenians, the Greeks coming next,¹

There has been some dispute as to whether, apart from homosexuality, hypertrichosis in a woman can be regarded as an indication of a general masculinity. This is denied by Max Bartels (in his elaborate study, "Ueber abnorme Behaarung beim Menschen," *Zeitschrift für Ethnologie*, 1876, p. 127; 1881, p. 219) and, as regards insanity, by L. Harris-Liston ("Cases of Bearded Women," *British Medical Journal*, June 2, 1894). On the other hand, J. H. Claiborne ("Hypertrichosis in Women," *New York Medical Journal*, June 13, 1914) believes that hair on the face and body in a woman is a sign of masculinity; "women with hypertrichosis possess masculine traits."

There seems to be very little doubt that fully developed "bearded women" are in most, possibly not all, cases decidedly feminine in all other respects. A typical instance is furnished by Annie Jones, the "Esau Lady" of Virginia. She belonged to a large and entirely normal family, but herself possessed a full beard with thick whiskers and moustache of an entirely masculine type; she also showed short, dark hair on arms and hands resembling a man. Apart from this heterogeneity, she was entirely normal and feminine. At the age of 26, when examined in Berlin, the hair of the head was very long, the expression of the face entirely feminine, the voice also feminine, the figure elegant, the hands and feet entirely of feminine type, the external and internal genitalia altogether feminine. Annie Jones was married. Max Bartels, who studied Annie Jones and published her portrait (*Zeitschrift für Ethnologie*, 1891, Heft 3, p. 243), remarks that in these respects Annie Jones resembles other "bearded women"; they marry, have children, and are able to suckle them. A beard in women seems, as Dupré and Dufos believe (*Revue Neurologique*, Aug. 30, 1901), to be more closely correlated with neuropathy than with masculinity; comparing a thousand sane women with a thousand insane women in Paris, they found unusual degree of hair or down on the face in 23 per cent. of the former and 50 per cent. of the latter; but even the sane bearded women frequently belonged to neuropathic families.

A tendency to slight widely diffused hypertrichosis of the body generally, not localized or highly developed on the face, seems much

¹ S. Weissenberg, *Zeitschrift für Ethnologie*, 1892, Heft 4, p. 280.

more likely than a beard to be associated with masculinity, even when it occurs in little girls. Thus Virchow once presented to the Berlin Anthropological Society a little girl of 5 of this type who also possessed a deep and rough voice (*Zeitschrift für Ethnologie*, 1891, Heft 4, p. 469). A typical example of slight hypertrichosis in a woman associated with general masculine traits is furnished by a description and figure of the body of a woman of 56 in an anatomical institute, furnished by C. Strauch (*Zeitschrift für Ethnologie*, 1901, Heft 6, p. 534). In this case there was a growth of hair around both nipples and a line of hair extended from the pubes to the navel; both these two dispositions of hair are very rare in women. (In Vienna among nearly 700 women Coe only found a tendency to hair distribution toward the navel in about 1 per cent.). While the hair in this subject was otherwise fairly normal, there were many approximations to the masculine type in other respects: the muscles were strongly developed, the bones massive, the limbs long, the joints powerful, the hands and feet large, the thorax well developed, the lower jaw massive; there was an absence of feminine curves on the body and the breasts were scarcely perceptible. At the same time the genital organs were normal and there had been childbirth. It was further notable that this woman had committed suicide by self-strangulation, a rare method which requires great resolution and strength of will, as at any moment of the process the pressure can be removed.

There seems little doubt that inverted women frequently tend to show minor anomalies of the piliferous system, and especially slight hypertrichosis and a masculine distribution of hair. Thus in a very typical case of inversion in an Italian girl of 19 who dressed as a man and ran away from home, the down on the arms and legs was marked to an unusual extent, and there was very abundant hair in the armpits and on the pubes, with a tendency to the masculine distribution.¹ Of the three cases described in this chapter which I am best acquainted with, one possesses an unusually small amount of hair on the pubes and in the axillæ (oligotrichosis terminalis), approximating to the infantile type, while another presents a complex and very rare piliferous heterogeny. There is marked dark down on the upper

¹ This case was described by Gasparini, *Archivio di Psichiatria*, 1908, fasc. 1-2.

lip; the pubic hair is thick, and there is hair on toes and feet and legs to umbilicus; there are also a few hairs around the nipples. A woman physician in the United States who knows many female inverts similarly tells me that she has observed the tendency to growth of hair on the legs. If, as is not improbable, inversion is associated with some abnormal balance in the internal secretions, it is not difficult to understand this tendency to piliferous anomalies; and we know that the thyroid secretion, for instance, and much more the testicular and ovarian secretions, have a powerful influence on the hair.

Ballantyne, some years ago, in discussing congenital hypertrichosis (*Manual of Antenatal Pathology*, 1902, pp. 321-6) concluded that the theory of arrested development is best supported by the facts; persistence of lanugo is such an arrest, and hypertrichosis may largely be considered a persistence of lanugo. Such a conclusion is still tenable,—though it encounters some difficulties and inconsistencies,—and it largely agrees with what we know of the condition as associated with inversion in women. But we are now beginning to see that this arrested development may be definitely associated with anomalies in the internal secretions, and even with special chemical defects in these secretions. Virile strength has always been associated with hair, as the story of Samson bears witness. Ammon found among Baden conscripts (*L'Anthropologie*, 1896, p. 285) that when the men were divided into classes according to the amount of hair on body, the first class, with least hair, have the smallest circumference of testicle, the fewest number of men with glans penis uncovered, the largest number of infantile voices, the largest proportion of blue eyes and fair hair, the smallest average height, weight, and chest circumference, while in all these respects the men with hairy bodies were at the other extreme. It has been known from antiquity that in men early castration affects the growth of hair. It is now known that in women the presence or absence of the ovary and other glands affects the hair, as well as sexual development. Thus Hegar (*Beiträge zur Geburtshilfe und Gynäkologie*, vol. i, p. 111, 1898) described a girl with pelvis of infantile type and uterine malformation who had been unusually hairy on face and body from infancy, with masculine arrangement of hair on pubes and abdomen; menstruation was scanty, breasts atrophic; the hair was of lanugo type; we see here how in women infantile and masculine characteristics are associated with, and both probably dependent on, defects in the sexual glands. Plant (*Centralblatt für Gynäkologie*, No. 9, 1896) described another girl with very small ovaries,

rudimentary uterus, small vagina, and prominent nymphæ, in whom menstruation was absent, hair on head long and strong, but hair absent in armpits and scanty on mons veneris. These two cases seem inconsistent as regards hair, and we should now wish to know the condition of the other internal glands. The thyroid, for instance, it is now known, controls the hair, as well as do the sexual glands; and the thyroid, as Gautier has shown (Académie de Médecine, July 24, 1900) elaborates arsenic and iodine, which nourish the skin and hair; he found that the administration of sodium cacodylate to young women produced abundant growth of hair on head. Again, the kidneys, and especially the adrenal glands, influence the hair. It has long been known that in girls with congenital renal tumors there is an abnormally early growth of axillary and pubic hair; Goldschwend (*Präger medizinische Wochenschrift*, Nos. 37 and 38, 1910) has described the case of a woman of 39, with small ovaries and adrenal tumor, in whom hair began to grow on chin and cheeks. (See also C. T. Ewart, *Lancet*, May 19, 1915.) Once more, the glans hypophysis also affects hair growth and it has been found by Lévi (quoted in *Archives d'Anthropologie Criminelle*, August-September, 1912, p. 711) that the administration of hypophysis extract to an infantile, hairless woman of 27, without sexual feeling, produced a general tendency to growth of hair. Such facts not only help to explain the anomalies of hair development, but also indicate the direction in which we may find an explanation of the anomalies of the sexual impulse.

Apart from the complicated problem presented by the hair, there are genuine approximations to the masculine type. The muscles tend to be everywhere firm, with a comparative absence of soft connective tissue; so that an inverted woman may give an unfeminine impression to the sense of touch. A certain tonicity of the muscles has indeed often been observed in homosexual women. Hirschfeld found that two-thirds of inverted women are more muscular than normal women, while, on the other hand, he found that among inverted men the musculature was often weak.

Not only is the tone of the voice often different, but there is reason to suppose that this rests on a basis of anatomical modification. At Moll's suggestion, Flatau examined the larynx in a large number of inverted women, and found in several a very decidedly masculine type of larynx. or an approach to it, espe-

cially in cases of distinctly congenital origin. Hirschfeld has confirmed Flatau's observations on this point. It may be added that inverted women are very often good whistlers; Hirschfeld even knows two who are public performers in whistling. It is scarcely necessary to remark that while the old proverb associates whistling in a woman with crowing in a hen, whistling in a woman is no evidence of any general physical or psychic inversion.

As regards the sexual organs it seems possible, so far as my observations go, to speak more definitely of inverted women than of inverted men. In all three of the cases concerning whom I have precise information, among those whose histories are recorded in the present chapter, there is more or less arrested development and infantilism. In one a somewhat small vagina and prominent nymphæ, with local sensitiveness, are associated with oligotrichosis. In another the sexual parts are in some respects rather small, while there is no trace of ovary on one side. In the third case, together with hypertrichosis, the nates are small, the nymphæ large, the clitoris deeply hooded, the hymen thick, and the vagina probably small. These observations, though few, are significant, and they accord with those of other observers.¹ Krafft-Ebing well described a case which I should be inclined to regard as typical of many: sexual organs feminine in character, but remaining at the infantile stage of a girl of 10; small clitoris, prominent cockscomb-like nymphæ, small vagina scarcely permitting normal intercourse and very sensitive. Hirschfeld agrees in finding common an approach to the type described by Krafft-Ebing; atrophic anomalies he regards as more common than hypertrophic, and he refers to thickness of hymen and a tendency to notably small uterus and ovaries. The clitoris is more usually small than large; women with a large clitoris (as Parent-Duchatelet long since remarked) seem rarely to be of masculine type.

¹ Bringing together ten cases of inverted women from various sources (including the three original cases mentioned above), in only four were the sexual organs normal; in the others they were more or less undeveloped.

Notwithstanding these tendencies, however, sexual inversion in a woman is, as a rule, not more obvious than in a man. At the same time, the inverted woman is not usually attractive to men. She herself generally feels the greatest indifference to men, and often cannot understand why a woman should love a man, though she easily understands why a man should love a woman. She shows, therefore, nothing of that sexual shyness and engaging air of weakness and dependence which are an invitation to men. The man who is passionately attracted to an inverted woman is usually of rather a feminine type. For instance, in one case present to my mind he was of somewhat neurotic heredity, of slight physical development, not sexually attractive to women, and very domesticated in his manner of living; in short, a man who might easily have been passionately attracted to his own sex.

While the inverted woman is cold, or, at most, comradely in her bearing toward men, she may become shy and confused in the presence of attractive persons of her own sex, even unable to undress in their presence, and full of tender ardor for the woman whom she loves.¹

Homosexual passion in women finds more or less complete expression in kissing, sleeping together, and close embraces, as in what is sometimes called "lying spoons," when one woman lies on her side with her back turned to her friend and embraces her from behind, fitting her thighs into the bend of her companion's legs, so that her mons veneris is in close contact with the other's buttocks, and slight movement then produces mild erethism. One may also lie on the other's body, or there may be mutual masturbation. Mutual contact and friction of the sexual parts seem to be comparatively rare, but it seems to have been common in antiquity, for we owe to it the term "tribadism" which is sometimes used as a synonym of feminine homosexuality, and this method is said to be practised today by

¹ Homosexual persons generally, male and female, unlike the heterosexual, are apt to feel more modesty with persons of the same sex than with those of the opposite sex. See, e.g., Hirschfeld, *Die Homosexualität*, p. 76.

the southern Slav women of the Balkans.¹ The extreme gratification is *cunnilinctus*, or oral stimulation of the feminine sexual organs, not usually mutual, but practised by the more active and masculine partner; this act is sometimes termed, by no means satisfactorily, "Sapphism," and "Lesbianism."²

An enlarged clitoris is but rarely found in inversion and plays a very small part in the gratification of feminine homosexuality. Kiernan refers to a case, occurring in America, in which an inverted woman, married and a mother, possessed a clitoris which measured $2\frac{1}{2}$ inches when erect. Casanova described an inverted Swiss woman, otherwise feminine in development, whose clitoris in excitement was longer than his little finger, and capable of penetration.³ The older literature contains many similar cases. In most such cases, however, we are probably concerned with some form of pseudohermaphroditism, and the "clitoris" may more properly be regarded as a penis; there is thus no inversion involved.⁴

While the use of the clitoris is rare in homosexuality, the use of an artificial penis is by no means uncommon and very widespread. In several of the modern cases in which inverted women have married women (such as those of Sarolta Vay and De Raylan) the belief of the wife in the masculinity of the "husband" has been due to an appliance of this kind used in intercourse. The artificial penis (the *olisbos*, or *baubon*) was well known to the Greeks and is described by Herondas. Its invention was ascribed by Suidas to the Milesian women, and Miletus, according to Aristophanes in the *Lysistrata*, was the

¹ *Kourrádia*, vol. vi, p. 197.

² The term "*cunnilinctus*" was suggested to me by the late Dr. J. Bonus, and I have ever since used it; the Latin authors commonly used "*cunnilingus*" for the actor, but had no corresponding term for the action. Hirschfeld has lately used the term "*cunnilinctio*" in the same sense, but such a formation is quite inadmissible. For information on the classic terms for this perversion, see, e.g., Iwan Bloch, *Ursprung der Syphilis*, vol. ii, p. 612 *et seq.*

³ Casanova, *Mémoires*, ed. Garnier, vol. iv, p. 597.

⁴ Hirschfeld deals in a full and authoritative manner with the differential diagnosis of inversion and the other groups of transitional sexuality in *Die Homosexualität*, ch. ii; also in his fully illustrated book *Geschlechtsübergänge*, 1905.

chief place of its manufacture.¹ It was still known in medieval times, and in the twelfth century Bishop Burchard, of Worms, speaks of its use as a thing "which some women are accustomed to do." In the early eighteenth century, Margaretha Lincken, again in Germany, married another woman with the aid of an artificial male organ.² The artificial penis is also used by homosexual women in various parts of the world. Thus we find it mentioned in legends of the North American Indians and it is employed in Zanzibar and Madagascar.³

The various phenomena of sadism, masochism, and fetichism which are liable to arise, spontaneously or by suggestion, in the relationships of normal lovers, as well as of male inverts, may also arise in the same way among inverted women, though, probably, not often in a very pronounced form. Moll, however, narrates a case (*Konträre Sexualempfindung*, 1899, pp. 565-70) in which various minor but very definite perversions were combined with inversion. A young lady of 26, of good heredity, from the age of 6 had only been attracted to her own sex, and even in childhood had practised mutual *cunnilingus*. She was extremely intelligent, and of generous and good-natured disposition, with various masculine tastes, but, on the whole, of feminine build and with completely feminine larynx. During seven years she lived exclusively with one woman. She found complete satisfaction

¹ Havelock Ellis, "Auto-erotism," in vol. i of these *Studies*; Ivan Bloch, *Ursprung der Syphilis*, vol. ii, p. 589; *ib.*, *Die Prostitution*, vol. i, pp. 385-6; for early references, Crusius, *Untersuchungen zu den Mimiamben der Herondas*, pp. 129-30.

² I have found a notice of a similar case in France, during the sixteenth century, in Montaigne's *Journal du Voyage en Italie en 1850* (written by his secretary); it took place near Vitry le François. Seven or eight girls belonging to Chaumont, we are told, resolved to dress and to work as men; one of these came to Vitry to work as a weaver, and was looked upon as a well-conditioned young man, and liked by everyone. At Vitry she became betrothed to a woman, but, a quarrel arising, no marriage took place. Afterward "she fell in love with a woman whom she married, and with whom she lived for four or five months, to the wife's great contentment, it is said; but, having been recognized by some one from Chaumont, and brought to justice, she was condemned to be hanged. She said she would even prefer this to living again as a girl, and was hanged for using illicit inventions to supply the defects of her sex" (*Journal*, ed. by d'Ancona, 1889, p. 11).

³ Roux, *Bulletin Société d'Anthropologie*, 1905, No. 3. Roux knew a Comarian woman who, at the age of 50, after her husband's death, became homosexual and made herself an artificial penis which she used with younger women.

in active *cunnilingus*. During the course of this relationship various other methods of excitement and gratification arose—it seems, for the most part, spontaneously. She found much pleasure in urolagnic and coprolagnic practices. In addition to these and similar perversions, the subject liked being bitten, especially in the lobule of the ear, and she was highly excited when whipped by her friend, who should, if possible, be naked at the time; only the nates must be whipped and only a birch rod be used, or the effect would not be obtained. These practices would not be possible to her in the absence of extreme intimacy and mutual understanding, and they only took place with the one friend. In this case the perverse phenomena were masochistic rather than sadistic. Many homosexual women, however, display sadistic tendencies in a more or less degree. Thus Dr. Kiernan tells me of an American case, with which he was professionally concerned with Dr. Moyer (see also paper by Kiernan and Moyer in *Alienist and Neurologist*, May, 1907), of a sadistic inverted woman in a small Illinois city, married and with two young children. She was of undoubted neuropathic stock and there was a history of pre-marital masturbation and bestiality with a dog. She was a prominent club woman in her city and a leader in religious and social matters; as is often the case with sadists she was pruriently prudish, and there was strong testimony to her chaste and modest character by clergymen, club women, and local magnates. The victim of her sadistic passion was a girl she had adopted from a Home, but whom she half starved. On this girl she inflicted over three hundred wounds. Many of these wounds were stabs with forks and scissors which merely penetrated the skin. This was especially the case with those inflicted on the breasts, labia, and clitoris. During the infliction of these she experienced intense excitement, but this excitement was under control, and when she heard anyone approaching she instantly desisted. She was found sane and responsible at the time of these actions, but the jury also found that she had since become insane and she was sent to an Insane Hospital, after recovery to serve a sentence of two years in prison. The alleged insanity, Dr. Kiernan adds, was of the dubious manic and depressive variety, and perhaps chiefly due to wounded pride.

The inverted woman is an enthusiastic admirer of feminine beauty, especially of the statuesque beauty of the body, unlike, in this, the normal woman, whose sexual emotion is but faintly tinged by esthetic feeling. In her sexual habits we perhaps less often find the degree of promiscuity which is not uncommon

among inverted men, and we may perhaps agree with Moll that homosexual women are more often apt to love faithfully and lastingly than homosexual men. Hirschfeld remarks that inverted women are not usually attracted in girlhood by the auto-erotic and homosexual vices of school-life,¹ and nearly all the women whose histories I have recorded in this chapter felt a pronounced repugnance to such manifestations and cherished lofty ideals of love.

Inverted women are not rarely married. Moll, from various confidences which he has received, believes that inverted women have not the same horror of normal coitus as inverted men; this is probably due to the fact that the woman under such circumstances can retain a certain passivity. In other cases there is some degree of bisexuality, although, as among inverted men, the homosexual instinct seems usually to give the greater relief and gratification.

It has been stated by many observers—in America, in France, in Germany, and in England—that homosexuality is increasing among women.² There are many influences in our civilization today which encourage such manifestations.³ The

¹ Hirschfeld, *Die Homosexualität*, p. 47.

² There are few traces of feminine homosexuality in English social history of the past. In Charles the Second's Court, the *Mémoires de Grammont* tell us, Miss Hobart was credited with Lesbian tendencies. "Soon the rumor, true or false, of this singularity spread through the court. They were gross enough there never to have heard of that refinement of ancient Greece in the tastes of tenderness, and the idea came into their heads that the illustrious Hobart, who seemed so affectionate to pretty women, must be different from what she appeared." This passage is interesting because it shows us how rare was the exception. A century later, however, homosexuality among English women seems to have been regarded by the French as common, and Baccchaumont, on January 1, 1773, when recording that Mlle. Heinel of the Opera was settling in England, added: "Her taste for women will there find attractive satisfaction, for though Paris furnishes many tribades it is said that London is herein superior."

³ "I believe," writes a well-informed American correspondent, "that sexual inversion is increasing among Americans—both men and women—and the obvious reasons are: first, the growing independence of the women, their lessening need for marriage; secondly, the nervous strain that business competition has brought upon the whole nation. In a word, the rapidly increasing masculinity in women and the unhealthy nervous systems of the men offer the ideal factors for the production of sexual inversion in their children."

modern movement of emancipation—the movement to same rights and duties as men, the same freedom and ability, the same education and the same work—must be, as, on the whole, a wholesome and inevitable movement carries with it certain disadvantages.¹ Women are, now coming to look upon knowledge and experience generally as much as their brothers' right. But when this is applied to the sexual sphere it finds certain limitations of any kind between young men and young women as much discouraged socially now as ever they were; higher education, the mere association of the sexes in the room or the laboratory or the hospital is discouraged in England and in America. While men are allowed freedom, the field of women is becoming restricted to trivial flirtation with the opposite sex, and to intimacy with their own sex; the independence of men and disdain for the women which placed women in the moated grange of the home for a man who never comes, a tendency develops for women to carry this independence still farther and to find love and to find work. These unquestionable influences of modern movements cannot directly cause sexual inversion, but they are the germs of it, and they probably cause a spurious imitation. This spurious imitation is due to the fact that the anomaly occurs with special frequency in women of high intelligence who, voluntarily or involuntarily, influence others.

Kurella, Bloch, and others believe that the woman movement helped to develop homosexuality (see, e.g., I. Bloch, *Ätiologie der Psychopathia Sexualis*, 1902, vol. i, p. 248 "feminine Strindbergs of the woman movement," as they termed, displayed marked hostility to men. Anna Rüling

¹ Homosexual women, like homosexual men, now insert themselves in the newspapers, seeking a "friend." Nücke ("Zeitung von weiblichen Homosexuellen," *Archiv für Kriminal-Anthropologie*, 1902, p. 225) brought together from Munich newspapers a list of such advertisements, most of which were fairly well phrased. "Actress with modern ideas desires to know rich lady on her own views, for the sake of friendly relations, etc.;" "Young blonde, seeks another like herself for walks, theatricals, etc."

many leaders of the movement, from the outset until today, have been inverted. Hirschfeld, however (*Die Homosexualität*, p. 500), after giving special attention to the matter, concludes that, alike among English suffragettes and in the German Verein für Frauenstimmrecht, the percentage of inverta is less than 10 per cent.

CHAPTER V.

THE NATURE OF SEXUAL INVERSION.

Analysis of Histories—Race—Heredity—General Health—First Appearance of Homosexual Impulse—Sexual Precocity and Hyperesthesia—Suggestion and Other Exciting Causes of Inversion—Masturbation—Attitude Toward Women—Erotic Dreams—Methods of Sexual Relationship—Pseudosexual Attraction—Physical Sexual Abnormalities—Artistic and Other Aptitudes—Moral Attitude of the Invert.

BEFORE stating briefly my own conclusions as to the nature of sexual inversion, I propose to analyze the facts brought out in the histories which I have been able to study.¹

RACE.—All my cases, 80 in number, are British and American, 20 living in the United States and the rest being British. Ancestry, from the point of view of race, was not made a matter of special investigation. It appears, however, that at least 44 are English or mainly English; at least 10 are Scotch or of Scotch extraction; 2 are Irish and 4 others largely Irish; 4 have German fathers or mothers; another is of German descent on both sides, while 2 others are of remote German extraction; 2 are partly, and 1 entirely, French; 2 have a Portuguese strain, and at least 2 are more or less Jewish. Except the apparently frequent presence of the German element, there is nothing remarkable in this ancestry.

HEREDITY.—It is always difficult to deal securely with the significance of heredity, or even to establish a definite basis of facts. I have by no means escaped this difficulty, for in some cases I have not even had an opportunity of cross-examining the subjects whose histories I have obtained. Still, the facts, so far

¹ The following analysis is based on somewhat fuller versions of my Histories than it was necessary to publish in the preceding chapters, as well as on various other Histories which are not here published at all. Numerous apparent discrepancies may thus be explained.

as they emerge, have some interest. I possess some record of heredity in 62 of my cases. Of these, not less than 24, or in the proportion of nearly 39 per cent., assert that they have reason to believe that other cases of inversion have occurred in their families, and, while in some it is only a strong suspicion, in others there is no doubt whatever. In one case there is reason to suspect inversion on both sides. Usually the inverted relatives have been brothers, sisters, cousins, or uncles. In one case a bisexual son seems to have had a bisexual father.

This hereditary character of inversion (which was denied by Nücke) is a fact of great significance, and, as it occurs in cases with which I am well acquainted, I can have no doubt concerning the existence of the tendency. The influence of suggestion may often be entirely excluded, especially when the persons are of different sex. Both Kraftt-Ebing and Moll noted a similar tendency. Von Römer states that in one-third of his cases there was inversion in other members of the family. Hirschfeld also found that there is a relatively high proportion of cases of family inversion.

Twenty-six, so far as can be ascertained, belong to reasonably healthy families; minute investigation would probably reduce the number of these, and it is noteworthy that even in some of the healthy families there was only one child born of the parents' marriage. In 28 cases there is more or less frequency of morbidity or abnormality—eccentricity, alcoholism, neurasthenia, insanity, or nervous disease—on one or both sides, in addition to inversion or apart from it. In some of these cases the inverted offspring is the outcome of the union of a very healthy with a thoroughly morbid stock; in some others there is a minor degree of abnormality on both sides.

GENERAL HEALTH.—It is possible to speak with more certainty of the health of the individual than of that of his family. Of the 80 cases, 53—or about two-thirds—may be said to enjoy good, and sometimes even very good, health, though occasionally there is some slight qualification to be made. In 22 cases the health is delicate, or at best only fair; in these cases there is sometimes a tendency to consumption, and often marked neurasthenia and a more or less unbalanced temperament. Four

cases are morbid to a considerable degree; the remaining case has had insane delusions which required treatment in an asylum. A considerable proportion, included among those as having either good or fair health, may be described as of extremely nervous temperament, and in most cases they so describe themselves; a certain proportion of these combine great physical and, especially, mental energy with this nervousness; all these are doubtless of neurotic temperament.¹ Very few can be said to be conspicuously lacking in energy. On the whole, therefore, a large proportion of these inverted individuals are passing through life in an unimpaired state of health, which enables them to do at least their fair share of work in the world; in a considerable proportion of my cases that work is of high intellectual value. Only in 5 cases, it will be seen, or at most 6, can the general health be said to be distinctly bad.

This result may, perhaps, seem surprising. It must, however, be remembered that my cases do not, on the whole, represent the class which alone the physician is usually able to bring forward: *i.e.*, the sexual inverts who are suffering from a more or less severe degree of complete nervous breakdown.

There is no frequent relationship between homosexuality and insanity, and such homosexuality as is found in asylums is mostly of a spurious character. This point was specially emphasized by Nücke (*e.g.*, "Homosexualität und Psychose," *Zeitschrift für Psychiatrie*, vol. lxxviii, No. 3, 1911). He quoted the opinions of various distinguished alienists as to the rarity with which they had met genuine inverts, and recorded his own experiences. He had never met a genuine invert in the asylum throughout his extensive experience, although he was quite willing to admit that there may be unrecognized inverts in asylums, and one patient informed him, after leaving, that he was inverted, and had attracted the attention of the police both before and afterward, though nothing happened in the asylum. Among 1500 patients in the asylum during one year, active *pedicatio* occurred in about 1 per cent. of cases, these patients being frequently idiots or

¹ This frequency of nervous symptoms is in accordance with the most reliable observation everywhere. Thus, Hirschfeld (*Die Homosexualität*, p. 177) states that of 500 inverts, 62 per cent. showed nervous symptoms of one kind or another: sleeplessness, sleepiness, tremors, stammering, etc.

imbeciles and at the same time masturbators, solitary or mutual. Hirschfeld informed Näcke that, among homosexual persons, hysterical conditions (not usually on hereditary basis) are fairly common, and neurasthenia of high degree decidedly frequent, but though stages of depression are common he had never seen pure melancholia and very seldom mania, but paranoiac delusional ideas frequently, and he agreed with Bryan of Broadmoor that religious delusions are not uncommon. General paralysis occurs, but is comparatively rare, and the same may be said of dementia præcox. On the whole, although Hirschfeld was unable to give precise figures, there was no reason whatever to suppose an abnormal prevalence of insanity. This was Näcke's own view. It is quite true, Näcke concluded, that homosexual actions occur in every form of psychosis, especially in congenital and secondary dementas, and at periods of excitement, but we are here more concerned with "pseudohomosexuality" than with true inversion. Hirschfeld finds that 75 per cent. invertas are of sound heredity; this seems too large a proportion; in any case allowance must be made for differences in method and minuteness of investigation.

I am fairly certain that thorough investigation would very considerably enlarge the proportion of cases with morbid heredity. At the same time this enlargement would be chiefly obtained by bringing minor abnormalities to the front, and it would then have to be shown how far the families of average or normal persons are free from such abnormalities. The question is sometimes asked: What family is free from neuropathic taint? At present it is difficult to answer this question precisely. There is good ground to believe that a fairly large proportion of families are free from such taint. In any case it seems probable that the families to which the inverted belong do not usually present such profound signs of nervous degeneration as we were formerly led to suppose. What we vaguely call "eccentricity" is common among them; insanity is much rarer.

FIRST APPEARANCE OF HOMOSEXUAL INSTINCT.—Out of 72 cases, in 8 the instinct veered round to the same sex in adult age or at all events after puberty; in 3 of these there had been a love-disappointment with a woman; no other cause than this can be assigned for the transition; but it is noteworthy that in at least 2 of these cases the sexual instinct is undeveloped or

in very few of my cases can we trace the influence of any definite 'suggestion,' as asserted by Schrenck-Notzing; who believes that, in the causation of sexual inversion (as undoubtedly in the causation of erotic fetichism), we must give the first place to "accidental factors of education and external influence." He records the case of a little boy who innocently gazed in curiosity at the penis of his father who was urinating, and had his ears boxed, whence arose a train of thought and feeling which resulted in complete sexual inversion. In two of the cases I have reported we have parallel incidents, and here we see clearly that the homosexual tendency already existed. I do not question the occurrence of such incidents, but I refuse to accept them as supplying the causation of inversion, and in so doing I am supported by all the evidence I am able to obtain. I am in agreement with a correspondent who wrote:—

"Considering that all boys are exposed to the same order of suggestions (sight of a man's naked organs, sleeping with a man, being handled by a man), and that only a few of them become sexually perverted, I think it reasonable to conclude that those few were previously constituted to receive the suggestion. In fact, suggestion seems to play exactly the same part in the normal and abnormal awakening of sex."

I would go so far as to assert that for normal boys and girls the developed sexual organs of the adult man or woman—from their size, hairiness, and the mystery which envelops them—nearly always exert a certain fascination, whether of attraction or horror.¹ But this has no connection with homosexuality, and scarcely with sexuality at all. Thus, in one case known to me, a boy of 6 or 7 took pleasure in caressing the organs of another boy, twice his own age, who remained passive and indifferent; yet this child grew up without ever manifesting any homosexual instinct. The seed of suggestion can only develop when it falls on a suitable soil. If it is to act on a fairly normal nature the perverted suggestion must be very powerful or iterated, and

¹Leppmann mentions a case (certainly extreme and abnormal) of a little girl of 8 who spent the night hidden on the roof, merely in order to be able to observe in the morning the sexual organs of an adult male cousin (*Bulletin de l'Union Internationale de Droit Pénal*, 1896, p. 118).

even then its influence will probably only be temporary, disappearing in the presence of the normal stimulus.¹

Not only is "suggestion" unnecessary to develop a sexual impulse already rooted in the organism, but when exerted in an opposite direction it is powerless to divert that impulse. We see this illustrated in several of the cases whose histories I have presented. Thus in one case a boy was seduced by the housemaid at the age of 14 and even derived pleasure from the girl, yet none the less the native homosexual instinct asserted itself a year later. In another case heterosexual suggestions were offered and accepted in early life, yet, notwithstanding, the homosexual attraction was slowly evolved from within.

I have, therefore, but little to say of the influence of suggestion, which was formerly exalted to a position of the first importance in books on sexual inversion. This is not because I underestimate the great part played by suggestion in many fields of normal and abnormal life. It is because I have been able to find but few decided traces of it in sexual inversion. In many cases, doubtless, there may be some slight elements of suggestion in developing the inversion, though they cannot be traced.² Their importance seems usually questionable even when

¹ I fully admit, as all investigators must, the difficulty of tracing the influence of early suggestions, especially in dealing with persons who are unaccustomed to self-analysis. Sometimes it happens, especially in regard to erotic fetichism, that, while direct questioning fails to reach any early formative suggestion, such influence is casually elicited on a subsequent occasion.

² I may add that I see no fundamental irreconcilability between the point of view here adopted and the facts brought forward (and wrongly interpreted) by Schrenck-Notzing. In his *Beiträge zur Ätiologie der Conträrer Sexualempfindung* (Vienna, 1895), this writer states: "The neuropathic disposition is congenital, as is the tendency to precocious appearance of the appetites, the lack of psychic resistance, and the tendency to imperative associations; but that heredity can extend to the object of the appetite, and influence the contents of these characters, is not shown. Psychological experiences are against it, and the possibility, which I have shown, of changing these impulses by experiment and so removing their danger to the character of the individual." It need not be asserted that "heredity extends to the object of the appetite," but simply that heredity culminates in an organism which is sexually best satisfied by that object. It is also a mistake to suppose that congenital characters cannot be, in some

they are discovered. Take Schrenck-Notzing's case of the little boy whose ears were boxed for what his father considered improper curiosity. I find it difficult to realize that a mighty suggestion can thereby be generated unless a strong emotion exists for it to unite with; in that case the seed falls on prepared soil. Is the wide prevalence of normal sexuality due to the fact that so many little boys have had their ears boxed for taking naughty liberties with women? If so, I am quite prepared to accept Schrenck-Notzing's explanation as a complete account of the matter. I know of one case, indeed, in which an element of what may fairly be called suggestion can be detected. It is that of a physician who had always been on very friendly terms with men, but had sexual relations exclusively with women, finding fair satisfaction, until the confessions of an inverted patient one day came to him as a revelation; thereafter he adopted inverted practices and ceased to find any attraction in women. But even in this case, as I understand the matter, suggestion merely served to reveal his own nature to the man. For a physician to adopt the perverted habits which the visit of a chance patient suggests to him can scarcely be a phenomenon of pure suggestion. We have no reason to suppose that this physician practised every perversion he heard of from patients; he adopted that which fitted his own nature.¹ In another case homosexual advances were made to a youth and accepted, but he had already been attracted to men in childhood. Again, in another case, there

cases, largely modified by such patient and laborious processes as those carried on by Schrenck-Notzing. In the same pamphlet this writer refers to moral suggestion as supporting his point of view. It is curious that both these congenital manifestations had independently occurred to me as arguments against his position. The experiences of Elmira Reformatory and Bicêtre—not to mention institutions of more recent establishment—long since showed that both the morally insane and the idiotic can be greatly improved by appropriate treatment. Schrenck-Notzing seems to be unduly biased by his interest in hypnotism and suggestion.

¹ "If an invert acquires, under the influence of external conditions," Péré wrote with truth (*L'Instinct Sexuel*, p. 238), "it is because he was born with an aptitude for such acquisition: an aptitude lacking in those who have been subjected to the same conditions without making the same acquisitions."

were homosexual influences in the boyhood of a subject who became bisexual, but as the subject's father was of similar bisexual temperament we can attach no potency to the mere suggestions. In another case we find homosexual influence in childhood, but the child was already delicate, shy, nervous, and feminine, clearly possessing a temperament predestined to develop in a homosexual direction.

The irresistible potency of the inner impulse is well illustrated in a case presented by Hirschfeld and Burchard: "My daughter Erna," said the subject's mother, "showed boyish inclinations at the age of 3, and they increased from year to year. She never played with dolls, only with tin soldiers, guns, and castles. She would climb trees and jump ditches; she made friends with the drivers of all the carts that came to our house and they would place her on the horse's back. The annual circus was a joy to her for all the year. Even as a child of 4 she was so fearless on horseback that lookers-on shouted Bravo! and all declared she was a born horsewoman. It was her greatest wish to be a boy. She would wear her elder brother's clothes all day, notwithstanding her grandmother's indignation. Cycling, gymnastics, boating, swimming, were her passion, and she showed skill in them. As she grew older she hated prettily adorned hats and clothes. I had much trouble with her for she would not wear pretty things. The older she grew the more her masculine and decided ways developed. This excited much outcry and offence. People found my daughter unfeminine and disagreeable, but all my trouble and exhortations availed nothing to change her." Now this young woman whom all the influences of a normal feminine environment failed to render feminine was not physiologically a woman at all; the case proved to be the unique instance of an individual possessing all the external characteristics of a woman combined with internal testicular tissue capable of emitting true masculine semen through the feminine urethra. No suggestions of the environment could suffice to overcome this fundamental fact of internal constitution. (Hirschfeld and Burchard, "Spermasekretion aus einer weiblichen Harnröhre," *Deutsche medizinische Wochenschrift*, No. 52, 1911.)

I may here quote three American cases (not previously published), for which I am indebted to Prof. G. Frank Lydston, of Chicago. They seem to me to illustrate the only kind of suggestions which play much part in the evolution of inversion. I give them in Dr. Lydston's words:—

CASE I.—A man, 45 years of age, attracted by the allusion to my essay on "Social Perversion" contained in the English translation of Krafft-Ebing's *Psychopathia Sexualis*, consulted me regarding the possible cure of his condition. This individual was a finely educated, very intelligent man, who was an excellent linguist, had considerable musical ability, and was in the employ of a firm whose business was such as to demand on the part of its employes considerable legal acumen, clerical ability, and knowledge of real-estate transactions. This man stated that at the age of puberty, without any knowledge of perversity of sexual feeling, he was thrown intimately in contact with males of more advanced years, who took various means to excite his sexual passions, the result being that perverted sexual practices were developed, which were continued for a number of years. He thereafter noticed an aversion to women. At the solicitations of his family he finally married, without any very intelligent idea as to what, if anything, might be expected of him in the marital relation. Absolute impotence—indeed, repugnance for association with his wife—was the lamentable sequence. A divorce was in contemplation when, fortunately for all parties concerned, the wife suddenly died. Being a man of more than ordinary intelligence, this individual, prior to seeking my aid, had sought vainly for some remedy for his unfortunate condition. He stated that he believed there was an element of heredity in his case, his father having been a dipsomaniac and one brother having died insane. He nevertheless stated it to be his opinion that, notwithstanding the hereditary taint, he would have been perfectly normal from a sexual standpoint had it not been for acquired impressions at or about the period of puberty. This man presented a typically neurotic type of *physique*, complained of being intensely nervous, was prematurely gray, of only fair stature, and had an uncontrollable nystagmus, which, he said, had existed for some fifteen years. As might be expected, treatment in this case was of no avail. I began the use of hypnotic suggestion at the hands of an expert professional hypnotist. The patient, being called out of the State, finally gave up treatment, and I have no means of knowing what his present condition is.

CASE II.—A lady patient of mine who happened to be an actress, and consequently a woman of the world, brought to me for an opinion some correspondence which had passed between her younger brother and a man living in another State, with whom he was on quite intimate terms. In one of these letters various flying trips to Chicago for the purpose of meeting the lad, who, by the way, was only 17 years of age, were alluded to. It transpired also, as evidenced by the letters, that on several occasions the young lad had been taken on trips in Pull-

man cars by his friend, who was a prominent railroad official. The character of the correspondence was such as the average healthy man would address to a woman with whom he was enamored. It seemed that the author of the correspondence had applied to his boy affinity the name Cinderella, and the protestations of passionate affection that were made toward Cinderella certainly would have satisfied the most exacting woman. The young lad subsequently made a confession to me, and I put myself in correspondence with his male friend, with the result that he called upon me and I obtained a full history of the case. The method of indulgence in this case was the usual one of oral masturbation, in which the lad was the passive party. I was unable to obtain any definite data regarding the family history of the elder individual in this case, but understand that there was a taint of insanity in his family. He himself was a robust, fine-looking man, above middle age, who was well educated and very intelligent, as he necessarily must have been, because of the prominent position he held with an important railway company. I will state, as a matter of interest, that the lad in this case, who is now 23 years of age, has recently consulted me for *impotentia coeundi*, manifesting a frigidity for women, and, from the young man's statements, I am convinced that he is well on the road to confirmed sexual perversion.

An interesting point in this connection is that the young man's sister, the actress already alluded to, has recently had an attack of acute mania.

I have had other unpublished cases that might be of interest, but these two are somewhat classical, and typify to a greater or less degree the majority of other cases. I will, however, mention one other case, occurring in a woman.

CASE III.—A married woman 40 years of age. Has been deserted by her husband because of her perverted sexuality. Neurotic history on both sides of the family, and several cases of insanity on mother's side. In this case affinity for the same sex and perverted desire for the opposite sex existed, a combination by no means infrequent. Hypnotic suggestion tried, but without success. Cause was evidently suggestion and example on the part of another female pervert with whom she associated before her marriage. Marriage was late, at age of 35. In all these cases there was an element of what may be called suggestion, but it was really much more than this; it was probably in each case active seduction by an elder person of a predisposed younger person. It will be observed that in each case there was, at the least, an organic neurotic basis for suggestion and seduction to work on. I cannot regard these cases as entitled to modify our attitude toward suggestion.

MASTURBATION.—Moreau believed that masturbation was a cause of sexual inversion, and Krafft-Ebing looked upon it as leading to all sorts of sexual perversions; the same opinion was currently repeated by many writers. It is not now accepted. Moll emphatically rejected the idea that masturbation can be the cause of inversion; Nücke repeatedly denies that masturbation, any more than seduction, can ever produce true inversion; Hirschfeld attaches to it no etiological significance. Many years ago I gave special attention to this point and reached a similar conclusion. That masturbation, especially at an early age, may sometimes enfeeble the sexual activities, and aid the manifestations of inversion, I certainly believe. But beyond this there is little in the history of my male cases to indicate masturbation as a cause of inversion. It is true that 44 out of 51 admit that they have practised masturbation,—at all events, occasionally, or at some period in their lives,—and it is possible that this proportion is larger than that found among normal people. Even if so, however, it is not difficult to account for, bearing in mind the fact that the homosexual person has not the same opportunities as has the heterosexual person to gratify his instincts, and that masturbation may sometimes legitimately appear to him as the lesser of two evils.¹ Not only has masturbation been practised at no period in at least 7 of the cases (for concerning several I have no information), but in several others it was never practised until long after the homosexual instinct had appeared, in 1 case not till the age of 40, and then only occasionally. In at least 8 it was only practised at puberty; in at least 8, however, it began before the age of puberty; at least 9 left off before about the age of 20. Unfortunately, as yet, we have little definite evidence as to the prevalence and extent of masturbation among normal individuals.

¹One of my subjects writes: "Inverts are, I think, naturally more liable to indulge in self-gratification than normal people, partly because of the perpetual suppression and disappointment of their desires, and also because of the fact that they actually possess in themselves the desired form of the male. This idea is a little difficult of explanation, but you can readily imagine to what frenzies of self-abuse a normal man would be impelled supposing that he included in his own the form of the female."

Among the women masturbation is found in at least 5 cases out of 7. In 1 case there was no masturbation until comparatively late in life, and then only at rare intervals and under exceptional circumstances. In another case, some years after the homosexual attraction had been experienced, it was practised, though not in excess, from the age of puberty for about four years, and then abandoned; during these years the physical sexual feelings were more imperative than they were afterward felt to be. In 2 cases masturbation was learned spontaneously soon after puberty, and in 1 of these practised in excess before the manifestations of inversion became definite. In all cases the subjects are emphatic in asserting that this practice neither led to, nor was caused by, the homosexual attraction, which they regard as a much higher feeling, and it must be added that the occasional practice of masturbation is very far from rare among fairly normal women.¹

While this is so, I am certainly inclined to believe that an early and excessive indulgence in masturbation, though not an adequate cause, is a favoring condition for the development of inversion, and that this is especially so in women. The sexual precocity indicated by early and excessive masturbation doubtless sometimes reveals an organism already predisposed to homosexuality. But, apart from this, when masturbation arises spontaneously at an early age on a purely physical basis it seems to tend to produce a divorce between the physical and the psychic aspects of sexual love. The sexual manifestations are all diverted into this physical direction, and the child is ignorant that such phenomena are normally allied to love; then, when a more spiritual attraction appears with adolescent development, this divorce is perpetuated. Instead of the physical and psychic feelings appearing together when the age for sexual attraction comes, the physical feelings are prematurely twisted from their natural end, and it becomes abnormally easy

¹ I do not here enter upon the consideration of the normal prevalence and significance of masturbation and allied phenomena, as I have dealt with this subject in the study of "Auto-erotism," in volume i of these *Studies*.

for a person of the same sex to step in and take the place rightfully belonging to a person of the opposite sex. This has certainly seemed to me the course of events in some cases I have observed.

ATTITUDE TOWARD THE OPPOSITE SEX.—In 17 cases (of whom 5 are married and others purposing to marry) there is sexual attraction to both sexes, a condition formerly called psychosexual hermaphroditism, but now more usually bisexuality. In such cases, although there is pleasure and satisfaction in relationships with both sexes, there is usually a greater degree of satisfaction in connection with one sex. Most of the bisexual prefer their own sex. It is curiously rare to find a person, whether man or woman, who by choice exercises relationships with both sexes and prefers the opposite sex. This would seem to indicate that the bisexual may really be inverts.

In any case bisexuality merges imperceptibly into simple inversion. In at least 16 of 52 cases of simple inversion in men there has been connection with women, in some instances only once or twice, in others during several years, but it was always with an effort, or from a sense of duty and anxiety to be normal; they never experienced any real pleasure in the act, or sense of satisfaction after it. Four of these cases are married, but marital relationships usually ceased after a few years. At least four others were attracted to women when younger, but are not now; another once felt sexually attracted to a boyish woman, but never made any attempt to obtain any relationships with her; 3 or 4 others, again, have tried to have connection with women, but failed. The largest proportion of my cases have never had any sexual intimacy with the opposite sex,¹ and some of these experience what, in the case of the male

¹ Hirschfeld also finds, among German inverts (*Die Homosexualität*, ch. iii), that the majority (though a smaller majority than I find in England and the United States) have not had intercourse with women; 53 per cent., he states, including a few married men, have never even attempted coitus, and over 50 per cent. are presumably impotent. The number of inverted women who have never had intercourse with men is still larger.

invert, is sometimes called *horror femineæ*. But, while woman as an object of sexual desire is in such cases disgusting to them, and it is usually difficult for a genuine invert to have connection with a woman except by setting up images of his own sex, for the most part inverts are capable of genuine friendships, irrespective of sex.

It is, perhaps, not difficult to account for the horror—much stronger than that normally felt toward a person of the same sex—with which the invert often regards the sexual organs of persons of the opposite sex. It cannot be said that the sexual organs of either sex under the influence of sexual excitement are esthetically pleasing; they only become emotionally desirable through the parallel excitement of the beholder. When the absence of parallel excitement is accompanied in the beholder by the sense of unfamiliarity as in childhood, or by a neurotic hypersensitiveness, the conditions are present for the production of intense *horror femineæ* or *horror masculis*, as the case may be. It is possible that, as Otto Rank argues in his interesting study, "Die Naktheit im Sage und Dichtung," this horror of the sexual organs of the opposite sex, to some extent felt even by normal people, is embodied in the Melusine type of legend.¹

EROTIC DREAMS.—Our dreams follow, as a general rule, the impulses that stir our waking psychic life. The normal man or woman in sexual vigor dreams of loving a person of the opposite sex; the inverted man dreams of loving a man, the inverted woman of loving a woman.² Dreams thus have a certain value in diagnosis, more especially since there is less unwillingness to confess to a perverted dream than to a perverted action.

Ulrichs first referred to the significance of the dreams of inverts. At a later period Moll pointed out that they have some value in diagnosis when we are not sure how far the inverted

¹ Otto Rank, *Imago*, Heft 3, 1913.

² Erotic dreams have been discussed in "Auto-erotism," vol. i of these *Studies*, and the wider bearings of the subject in another work, *The Study of Dreams*. Many references to the extensive literature will be found in both these places.

tendency is radical. Then Näcke repeatedly emphasized the importance of dreams as constituting, he believed, the most delicate test we possess in the diagnosis of homosexuality;¹ this was an exaggerated view which failed to take into account the various influences which may deflect dreams. Hirschfeld has made the most extensive investigation on this point, and found that among 100 inverts 87 had exclusively homosexual dreams, while most of the rest had no dreams at all.² Among my cases, only 4 definitely state that there are no erotic dreams, while 31 acknowledge that the dreams are concerned more or less with persons of the same sex. Of these, at least 16 assert or imply that their dreams are exclusively of the same sex. Two, though apparently inverted congenitally, have had erotic dreams of women, in one case more frequently than of men; these two exceptions have no apparent explanation. Another appears to have sexual dreams of a nightmare character in which women appear. In another case there were always at first dreams of women, but this subject had sometimes had connection with prostitutes, and is not absolutely indifferent to women, while another, whose dreams remain heterosexual, had in early life some attraction to girls. In the cases of distinct bisexuality there is no unanimity; 2 dream of their own sex, 2 dream of both sexes, 1 usually dreams of the opposite sex, and 1 man, while dreaming of both, dislikes those dreams in which women figure. In at least 3 cases dreams of a sexual character began at the age of 8 or earlier.

The phenomena presented by erotic dreams, alike in normal and abnormal persons, are somewhat complex, and dreams are by no means a sure guide to the dreamer's real sexual attitude. The fluctuations of

¹ *E.g.*, *Archiv für Psychiatrie*, 1899; *Archiv für Kriminal-anthropologie*, 1900.

² Hirschfeld, *Die Homosexualität*, p. 71 *et seq.* Hirschfeld considers that the dreams of the inverted fall into two groups: one in which the dreamer imagines he is embracing a person of the same sex, and another in which he imagines that he is himself of the opposite sex. The latter class of dreams, constituting a pseudo-heterosexual group, seems to me to be rare, and they may, moreover, occur in heterosexual persons.

dream imagery may be illustrated by the experiences of one of my subjects who thus indirectly summarises his own experiences: "When he was quite a child, he used to be haunted by gross and grotesque dreams of naked adult men, which must have been erotic. At the age of puberty he dreamed in two ways, but always about males. One species of vision was highly idealistic; a radiant and lovely young man's face with floating hair appeared to him on a background of dim shadows. The other was obscene, being generally the sight of a groom's or carter's genitals in a state of violent erection. He never dreamed erotically or sentimentally about women; but when the dream was frightful, the terror-making personage was invariably female. In ordinary dreams, women of his family or acquaintance played a trivial part. At the age of 24, having determined to conquer his homosexual passions, he married, found no difficulty in cohabiting with his wife, and begat several children, although he took but little passionate delight in the sexual act. He still continued to dream exclusively of men, for several years; and the obscene visions became more frequent than the idealistic. Gradually, coarse and uninteresting erotic dreams of women began to haunt his mind in sleep. A curious particular regarding the new type of vision was that he never dreamed of whole females, only of their sexual parts, seen in a blur; and the seminal emissions which attended the mental pictures left a feeling of fatigue and disgust. In course of time, his wife and he agreed to live separately so far as sexual relations are concerned. He then indulged his passion for males, and wholly lost those rudimentary female dreams which had been developed during the period of nuptial cohabitation."

Not only is it possible for the genuine invert to be trained into heterosexual erotic dreams, but homosexual dreams may occasionally be experienced by persons who are, and always have been, exclusively heterosexual. I could bring forward much evidence on this point. (*Of "Autoerotism" in vol. i of these Studies.*) Both men and women who have always been of pronounced heterosexual tendency, without a trace of inversion, are liable to rare homosexual dreams, not necessarily involving orgasm or even definite sexual excitement, and sometimes accompanied by a feeling of repugnance. As an example I may present a dream (which had no known origin) of an exclusively heterosexual lady aged 42; she dreamed she was in bed with another woman, unknown to her, and lying on her own stomach, while with her right hand stretched out she was feeling the other's sexual parts. She could distinctly perceive the clitoris, vagina, etc.; she felt a sort of disgust with herself for what she was doing, but continued until she awoke; she then found herself lying on her stomach as in the dream and at first thought she must have been touching herself, but realized that this could not have been the

case. (Niceforo, who believes that inversion may develop out of masturbation, considers that dreams of masturbation by association of ideas may take on an inverted character [*Le Psicopatie Sessuale*, 1897, pp. 35, 69]; this, however, must be rare, and will not account for most of the dreams in question.)

Nücke and Colin Scott, some years ago, independently referred to cases in which normal persons were liable to homosexual dreams, and Féré (*Revue de Médecine*, Dec., 1898) referred to a man who had a horror of women, but appeared only to manifest homosexuality in his dreams. Nücke (*Archiv für Kriminalanthropologie*, 1907, Heft 1, 2) calls dreams which represent a reaction of opposition to the dreamer's ordinary life "contrast dreams." Hirschfeld, who accepts Nücke's "contrast dreams" in relation to homosexuality, considers that they indicate a latent bisexuality. We may admit this is so, in the same sense in which a complementary color image called up by another color indicates the possibility of perceiving that color. In most cases, however, it seems to me that homosexual dreams in normal persons may be simply explained as due to the ordinary confusion and transition of dream imagery. (See Ellis, *The World of Dreams*, especially ch. ii.)

Methods of Sexual Relationship.—The exact mode in which an inverted instinct finds satisfaction is frequently of importance from the medicolegal standpoint;¹ from a psychological standpoint it is of minor significance, being chiefly of interest as showing the degree to which the individual has departed from the instinctive feelings of his normal fellow-beings.

Taking 57 inverted men of whom I have definite knowledge, I find that 12, restrained by moral or other considerations, have never had any physical relationship with their own sex. In some 22 cases the sexual relationship rarely goes beyond close physical contact and fondling, or at most mutual masturbation and intercrural intercourse. In 10 or 11 cases *fellatio* (oral excitation)—frequently in addition to some form of mutual masturbation, and usually, though not always, as the active agency—is the form preferred. In 14 cases, actual *pedicatio*²—

¹ See Thoinot and Weyssse, *Medicolegal Aspects of Moral Offenses*, pp. 165, 291, etc.

² *Pedicatio* (or *pedicatio*) is the most generally accepted technical term for the sodomitical intromission of the penis into the anus. It is usually derived from the Greek *pais* (boy), but some authorities have derived it from *podex* or *podex* (anus). The terms

usually active, not passive—has been exercised. In these cases, however, *pedicatio* is by no means always the habitual or even the preferred method of gratification. It seems to be the preferred method in about 7 cases. Several who have never experienced it, including some who have never practised any form of physical relationship, state that they feel no objection to *pedicatio*; some have this feeling in regard to active, others in regard to passive, *pedicatio*. The proportion of inverts who practise or have at some time experienced *pedicatio* thus revealed (nearly 25 per cent.) is large; in Germany Hirschfeld finds it to be only 8 per cent., and Merzbach only 6. I believe, however, that a wider induction from a larger number of English and American cases would yield a proportion much nearer to that found in Germany.¹

PSEUDOSEXUAL ATTRACTION.—It is sometimes supposed that in homosexual relationships one person is always active, physically and emotionally, the other passive. Between men, at all events, this is very frequently not the case, and the invert cannot tell if he feels like a man or like a woman. Thus, one writes:—

“In bed with my friend I feel as he feels, and he feels as I feel. The result is masturbation, and nothing more or desire for more on my part. I get it over, too, as soon as possible, in order to come to the best—sleeping arms round each other, or talking so.”

It remains true, however, that there may usually be traced what it is possible to call pseudosexual attraction, by which I mean a tendency for the invert to be attracted toward persons

“paiderastia” and “pederast” are sometimes used to indicate the same act and agent. This use, however, is undesirable. It is best to confine the word “paiderastia” to its proper use as the name of the special institution of Greek boy love. It may be added that the Greeks themselves had many names (as many as 74) for paiderastia. See, on this subject of nomenclature, Iwan Bloch, *Der Ursprung der Syphilis*, vol. ii, pp. 527, 563.

¹ It is the grosser forms of perversion which are first revealed in every field. In the first edition of this Study the predominance of *pedicatio* was still greater; it is not practised by any of the subjects of the Histories added to the present edition, though several see no objection to it.

unlike himself, so that in his sexual relationships there is a certain semblance of sexual opposition. Numa Praetorius considers that in homosexuality the attraction of opposites—the attraction for soldiers and other primitive vigorous types—plays a greater part than among normal lovers.¹ This pseudosexual attraction is, however, as Hirschfeld points out,² and as we see by the Histories here presented, by no means invariable.

M. N. writes: "To me it appears that the female element must, of necessity, exist in the body that desires the male, and that nature keeps her law in the spirit, though she breaks it in the form. The rest is all a matter of individual temperament and environment. The female nature of the invert, hampered though it is by its disguise of flesh, is still able to exert an extraordinary influence, and calls insistently upon the male. This influence seems called into action most violently in the presence of males possessed of strong sexual magnetism of their own. Such men are generally more or less conscious of the influence, and the result is either a vague appreciation, which will make the male wonder why he gets on so well with the invert, or else the influence will be realized to be something incongruous and unnatural, and will be resented accordingly. Sometimes, indeed, the reciprocated feeling (circumstance and opportunity permitting) will prove strong enough to induce sexual relations. Reason will then generally overpower instinct, and the feeling, aroused unaware, will probably be changed into repulsion. Further, the influence reacts in the same way on women, who, particularly if they are strongly sexual, experience involuntary sensations of dislike or antagonism on association with inverts. There is, however, one terrible reality for the invert to face, no matter how much he may wish to avoid it and seek to deceive himself. There exists for him an almost absolute lack of any genuine satisfaction either in the way of the affections or desires. His whole life is passed in vainly seeking and desiring the male, the antithesis of his nature, and in consorting with inverts he must perforce be content with the male in form only, the shadow without the substance. Indeed, one invert necessarily regards another as being of the same undesired female sex as himself, and for this reason it will be found that, while friendships between inverts frequently exist (and these are characteristically feminine, unstable, and liable to betrayal), love-attachments are less common, and when they occur must naturally be based upon considerable self-deception. Venal gratifications are always, of course, as possible as they are unsatisfactory, and here perhaps some of the

¹ *Jahrbuch für sexuelle Zwischenstufen*, vol. viii, 1906, p. 712.

² Hirschfeld, *Die Homosexualität*, p. 276 et seq.

peculiarities of taste accompanying inversion may admit of elucidation. In considering the peculiar predilection shown by inverts for youths of inferior social position, for the wearers of uniforms, and for extreme physical development and virility not necessarily accompanied by intellectuality, regard must be had to the probable conduct of women placed in a position of complete irresponsibility combined with absolute freedom of action and every opportunity for promiscuity. It seems to me that the importance of recognizing the underlying female element in inversion cannot be too strongly insisted upon."

"The majority" [of inverts], writes "Z," "differ in no detail of their outward appearance, their *physique*, or their dress from normal men. They are athletic, masculine in habit, frank in manner, passing through society year after year without arousing a suspicion of their inner temperament; were it not so, society would long ago have had its eyes opened to the amount of perverted sexuality it harbors." These lines were written, not in opposition to the more subtle distinctions pointed out above, but in refutation of the vulgar error which confuses the typical invert with the painted and petticoated creatures who appear in police-courts from time to time, and whose portraits are presented by Lombroso, Legludic, etc. On another occasion the same writer remarked, while expressing general agreement with the idea of a pseudosexual attraction: "The *liaison* is by no means always sought and begun by the person who is abnormally constituted. I mean that I can cite cases of decided males who have made up to inverts, and have found their happiness in the reciprocated passion. One pronounced male of this sort, again, once said to me, 'men are so much more affectionate than women.' [Precisely the same words were used by one of my subjects.] Also, the *liaison* springs up now and then quite accidentally through juxtaposition, when it is difficult to say whether either at the outset had an inverted tendency of any marked quality. In these cases the sexual relation seems to come on as a heightening of comradely affection, and is found to be pleasurable—sometimes, I think, discovered to be safe as well as satisfying. On the other hand, so far as I know, it is extremely rare to observe a permanent *liaison* between two pronounced inverts.

The tendency to pseudosexual attraction in the homosexual would thus seem to involve a preference for normal persons. How far this is the case it seems difficult to state positively. Usually, one may say, an invert falls in love (exactly as in the case of a normal person) without any intellectual calculation as to the temperamental ability to return the affection which the object of his love may possess. Naturally, however, there cannot be any adequate return of the affection in the absence of an actual or latent homosexual disposition. On this point an American correspondent (H. C.), with a wide knowledge of inversion in many

lands, writes: "One of your correspondents declares that inverts long for sexual relations with normal men rather than with one another. If this be true, I have never once found it exemplified in all my wide experience of inverts; and I have submitted his assertion to more than 50. These have replied invariably that unless a man is himself homosexual, nearly all the pleasure of *fellatio* is absent. The fact is, the majority of inverts flock together not from exigency, but from choice. The mere sexual act is, if anything, far less the sole object between inverts than it is between normal men and women. Why should the invert sigh for intercourse with normal men, where mutual confidences and sympathies and love would be out of the question? Personally, I decline to commit *fellatio* with a man who is given to women; the thought of it is repugnant to me. And this is the attitude with every invert I have questioned. The nearest approach to confirmation of your correspondent's theory has been when an extremely feminine invert here and there has admitted the wish that a certain normal man *were* inverted. Indeed, the temperamental gamut of inversion is itself broad enough to embrace the most widely divergent ideals. As my furthest-reaching demands attain fruition in the gentle and pretty boy, so his own robust affinity resides in me. If inverts were actually women, then indeed the normal male would be their ideal. But inverts are not women. Inverts are males capable of passionate friendship, and their ideal is the male who will give them passionate friendship in return."

In at least 24, probably many more, of my male cases there is a marked contrast, and in a still larger number a less-marked contrast, between the subject and the individuals he is attracted to; either he is of somewhat feminine and sensitive nature, and admires more simple and virile natures, or he is fairly vigorous and admires boys who are often of lower social class. Inverted women also are attracted to more clinging feminine persons.¹ A sexual attraction for boys is, no doubt, as Moll points out, that form of inversion which comes nearest to normal sexuality, for the subject of it usually approaches nearer to the average man in physical and mental disposition. The reason of this is obvious: boys resemble women, and therefore it requires a less profound organic twist to become sexually attracted to them. Anyone who has watched private theatricals in boys'

¹ "Men," remarks Q., "tend to fall in love with boys or youths, boys or youths with grown men, feminine natures with virile natures and *vice versa*, and different races with each other."

schools will have observed how easy it is for boys to personate women successfully, and it is well known that until the middle of the seventeenth century women's parts on the stage were always taken by boys, whether or not with injury to their own or other people's morals.¹ It is also worthy of note that in Greece, where homosexuality flourished so extensively, and apparently with so little accompaniment of neurotic degeneration, it was often held that only boys under 18 should be loved; so that the love of boys merged into love of women. About 18 of my cases are most strongly attracted to youths,—preferably of about the age of 18 to 20,—and they are, for the most part, among the more normal and healthy of the cases. A preference for older men, or else a considerable degree of indifference to age alone, is more common, and perhaps indicates a deeper degree of perversion.

Putting aside the age of the object desired, it must be said that there is a distinctly general, though not universal, tendency for sexual inverts to approach the feminine type, either in psychic disposition or physical constitution, or both.² I cannot say how far this is explained by the irritable nervous system and delicate health which are so often associated with inversion, though this is certainly an important factor. Although the invert himself may stoutly affirm his masculinity, and although this femininity may not be very obvious, its wide prevalence may be

¹ Stubbes, in his *Anatomy of Abuses*, affirmed that "players and play-haunters in their secret conclaves play the Sodomites," and refers to some recent examples of men who had been desperately enamoured of player-boys thus clad in women's apparel, so far as to solicit them by words, by letters, even actually to abuse them. Later on, in 1633, Prynne, in his *Histrio-Mastix* (part 1, p. 208 *et seq.*), strongly condemned "this putting on of woman's array" by actors on the same ground, and adds that he has heard credibly reported of a scholar of Balliol College that he was violently enamoured of a boy-player. In Japan, again where, as in China, woman's parts on the stage are taken by men (not always youths), the homosexuality of these players became, during the seventeenth and eighteenth centuries, so notorious that they constituted a class requiring special regulation as Joro, or prostitutes.

² This was remarked by even the earliest modern writers on homosexuality, like Hösli. See Hirschfeld, "Vom Wesen der Liebe," *Jahrbuch für sexuelle Zwischenstufen*, vol. viii, 1906, p. 124 *et seq.*

asserted with considerable assurance, and by no means only among the small minority of inverters who take an exclusively passive rôle, though in these it is usually most marked. In this I am confirmed by Q., who writes: "In all, or certainly almost all, the cases of congenital male inverters (excluding psychosexual hermaphrodites) that I know there has been a remarkable sensitiveness and delicacy of sentiment, sympathy, and an intuitive habit of mind, such as we generally associate with the feminine sex, even though the body might be quite masculine in its form and habit."¹ When, however, a distinguished inverter said to Moll: "We are all women; that we do not deny," he put the matter in too extreme a form. The feminine traits of the homosexual are not usually of a conspicuous character. "I believe that inverters of plainly feminine nature are rare exceptions," wrote Näcke:² and that statement may be accepted even by those who emphasize the prevalence of feminine traits among inverters.

In inverted women some degree of masculinity or boyishness is equally prevalent, and it is not usually found in the women to whom they are attracted. Even in inversion the need for a certain sexual opposition—the longing for something which the lover himself does not possess—still prevails. It expresses itself sometimes in an attraction between persons of different race and color. I am told that in American prisons for women Lesbian relationships are specially frequent between white and black women.³ A similar affinity is found among the

¹ Similarly Numa Praetorius asserts (*Jahrbuch für sexuelle Zwischenstufen*, vol. viii, p. 732) that even the most virile homosexual men exhibit feminine traits, and adds that we could scarcely expect it to be otherwise when we find how constantly homosexual women show masculine traits.

² Näcke, "Die Diagnose der Homosexualität," *Neurologisches Centralblatt*, April 16, 1908.

³ So also among American boarding-school girls. Thus Margaret Otis (*Journal of Abnormal Psychology*, June, 1913) has described the attraction which negro girls exert on white girls at school. The correspondence of these lovers, and sometimes their method of sex gratification, may occasionally be of an even coarsely passionate nature.

Arabs, says Kocher; and if an Arab woman has a Lesbian friend the latter is usually European. In Cochin China, too, according to Lorion, while the Chinese are chiefly active pederasts, the Annamites are chiefly passive.

It must, however, be remembered that, in normal love, homogamy, the attraction of the like, prevails over heterogamy, the attraction of the unlike, which is chiefly confined to those features which belong to the sphere of the secondary sexual characters;¹ the same appears to be true in inversion, and the homosexual are probably, on the whole, more attracted by the traits which they seem to themselves to possess than by those which are foreign to themselves.²

PHYSICAL ABNORMALITIES.—The circumstances under which many of my cases were investigated often made information under this head difficult to obtain, or to verify. In at least 4 cases the penis is very large, while in at least 3 it is small and undeveloped, with small and flabby testes. It seems probable that variations in these two directions are both common, but it is doubtful whether they possess as much significance as the tendency to infantilism of the sexual organs in inverted women seems to possess. Hirschfeld considers that the genital organs of inverts resemble those of normal people. He finds, however, that phimosis is rather common.³

More significant, perhaps, than specifically genital peculiarities are the deviations found in the general conformation

¹ See "Sexual Selection in Man," vol. iv of these *Studies*.

² Hirschfeld (*Die Homosexualität*, p. 283) found that 55 per cent. of inverts are attracted to qualities unlike their own, and 45 per cent. to qualities resembling their own, without regard to whether these qualities belonged to the secondary sexual sphere. It may be added that as regards the age of the persons they are attracted to, Hirschfeld (p. 281) admits two main groups, each including about 45 per cent. of the homosexual; *ephebophils*, attracted to youths between 14 and 21, and *androphils*, attracted to adults in the prime of life. This division, as may be seen from the histories included in the present volume, seems to hold good of British and American inverts.

³ Hirschfeld, *Die Homosexualität*, ch. v.

of the body.¹ In at least 2 cases there are well-developed breasts, in 1 the breasts swelling and becoming red.² In 1 case there are "menstrual" phenomena, physical and psychic, recurring every four weeks. In several cases the hips are broad and the arms rounded, while some are skillful in throwing a ball. One was born with a double squint. At least 2 were 7 months' children. In the previous chapter I have referred to the tendency to hypertrichosis and occasionally oligotrichosis among inverted women; among the men it is the latter condition which seems more common, and in several cases the bodies are hairless, or with but scanty hair. A few are left-handed, though not perhaps an abnormal proportion.³ The sexual characters of the handwriting are in some cases clearly inverted, the men writing a feminine hand and the women a masculine hand.⁴ A high feminine voice is sometimes found.⁵

A marked characteristic of many inverts, though one not easy of precise definition, is their youthfulness of appearance, and frequently child-like faces, equally in both sexes. This has

¹ Kraftt-Ebing tells of an inverted physician (a man of masculine development and tastes) who had had sexual relations with 600 more or less inverted men. He observed no tendency to sexual malformation among them, but very frequently an approximation to a feminine form of body, as well as insufficient hair, delicate complexion, and high voice. Well-developed breasts were not rare, and some 10 per cent. showed a taste for feminine occupations.

² A similar condition of gynecomasty has been observed in connection with inversion by Moll, Laurent, Wey, etc. Olano ("La Secrecion Mamaria en los Invertidos Sexuales," *Archivos de Criminologia*, May, 1902, p. 305) further observed a certain amount of mammary secretion in an inverted man, 20 years of age, in Lima.

³ Hirschfeld finds 7 per cent. inverts left-handed, and 6 per cent. partly so. Fliess attaches special importance to left-handedness in inversion, believing that in left-handed men feminine secondary sexual characters are marked, and in left-handed women masculine sexual character (*Der Ablauf des Lebens*, 1906). I am not prepared to deny this statement, but more evidence is needed.

⁴ This point has been discussed by Hirschfeld, *Die Homosexualität*, pp. 156-8.

⁵ Bloch (*The Sexual Life of Our Time*, p. 500) attaches importance to this peculiarity, but it must be remembered that a high-pitched voice occurs frequently in undoubtedly heterosexual men in whom it seems often associated with high intellectual ability (Havelock Ellis, *A Study of British Genius*, p. 200).

often been remarked,¹ and is pronounced among many of my subjects.

The frequent inability of male inverts to whistle was first pointed out by Ulrichs, and Hirschfeld has found it in 23 per cent. Many of my cases confess to this inability, while some of the women inverts can whistle admirably. Although this inability of male inverts is only found among a minority, I am quite satisfied that it is well marked among a considerable minority. One of my correspondents, M. N., writes to me: "With regard to the general inability of inverts to whistle (I am not able to do so myself), their fondness for green (my favorite color), their feminine caligraphy, skill at female occupations, etc., these all seem to me but indications of the one principle. To go still farther and include trivial things, few inverts even smoke in the same manner and with the same enjoyment as a man; they have seldom the male facility at games, cannot throw at a mark with precision, or even spit!"

Nearly all these peculiarities indicate a minor degree of nervous disturbance and lead to modification, as my correspondent points out, in a feminine direction. It is scarcely necessary to add that they by no means necessarily imply inversion. Shelley, for instance, was unable to whistle, though he never gave an indication of inversion; but he was a person of somewhat abnormal and feminine organization, and he illustrates the tendency of these apparently very insignificant functional anomalies to be correlated with other and more important psychic anomalies.

The greater part of these various anatomical peculiarities and functional anomalies point, more or less clearly, to the prevalence among inverts of a tendency to infantilism, combined with feminism in men and masculinism in women.² This tendency is

¹ See, e.g., Hirschfeld, *Die Homosexualität*, p. 151.

² On the general signs of these conditions, see, e.g., H. Meige, "L'Infantilisme, Le Féminisme et les Hermaphrodites Antiques," *L'Anthropologie*. 1895; also Hastings Gilford, "Infantilism," *Lancet*, February 28 and March 7, 1914.

denied by Hirschfeld, but it is often well indicated among the subjects whose histories I have been able to present, and is indeed suggested by Hirschfeld's own elaborate results; so that it can scarcely be passed over. I regard it as highly significant, and it is in harmony with all that we are learning to know regarding the important part played by the internal secretions, alike in inversion and the general bodily modifications in an infantile, feminine, and masculine direction.

If we are justified in believing that there is a tendency for inverted persons to be somewhat arrested in development, approaching the child type, we may connect this fact with the sexual precocity sometimes marked in inverts, for precocity is commonly accompanied by rapid arrest of development.

A correspondent, who is himself inverted, furnishes the following notes of cases he is well acquainted with; I quote them here, as they illustrate the anomalies commonly found:—

1. A., male, eldest child of typically neurotic family. Three children in all: 2 male and 1 female. The other 2 are somewhat eccentric, unsocial, and sexually frigid, 1 in a marked degree. The curious point about this case is that A., the only one of the family possessed of mental ability and social qualifications, should be inverted. Parents' marriage was very ill-assorted and inharmonious, the father being of great stature and the mother abnormally small and of highly nervous temperament, both of feeble health. Ancestry unfortunate, especially on mother's side.

2. B., male, invert, younger of 2 sons, no other children, has extremely feminine disposition and appearance, of considerable personal attraction, and has great musical talent. Penis very small and marked breast-development.

3. C., male, invert, younger of 2 sons, no other children. Interval of six years between first and second son. Parents' marriage one of great affection, but degenerate ancestry on mother's side. Cancer and scrofula in family.

4. D., male, invert, second child of 6; remainder girls. Of humble social position. Considerable depravity evinced by all the members of this family, with the exception of D., who alone proved steady, honest, and industrious.

5. E., male, invert, second son of family of 3, the youngest child being a girl, stillborn. Of extreme neurotic temperament fostered by upbringing. Effeminate in build and disposition; musically gifted.

6. F., male, invert, second child of family of 5. Eldest child a girl, died in youth. After F. a boy G., a girl H., and another girl stillborn. Parents badly matched; mother of considerable mental and physical strength; father last representative of moribund stock, the result of intermarriage. Children all resembling father in appearance and mother in disposition. Drink-tendency in both boys, to which F.'s death at the age of 30 was mainly due. G. committed suicide some years later. The girl H. married into a family with worse ancestry than her own. Has two children:—

7. I. and J., boy and girl, both inverted as far as I am able to judge. The boy was born with some deformity of the feet and ankles; is of effeminate tastes and appearance. Boy resembles mother, and girl, who is of great physical development, resembles father.

The same correspondent adds:—

"I have noticed little abnormal with regard to the genital formation of inverts. There are, however, frequent abnormalities of proportion in their figures, the hands and feet being noticeably smaller and more shapely, the waist more marked, the body softer and less muscular. Almost invariably there is either cranial malformation or the head approaches the feminine in type and shape."

ARTISTIC AND OTHER APTITUDES.—All avocations are represented among inverts. Among the subjects here dealt with are found, at one end of the scale, numerous manual workers, and at the other end an equal number, sometimes of aristocratic family, who exercise no profession at all. There are 12 physicians, 9 men of letters, at least 7 are engaged in commercial life, 6 are artists, architects, or composers, 4 are or have been actors. These figures cannot give any clue to the relative extent of inversion in various occupations, but they indicate that no class of occupation furnishes a safeguard against inversion.

There are, however, certain avocations to which inverts seem especially called.¹ One of the chief of these is literature. The apparent predominance of physicians is easily explicable. The frequency with which literature is represented is probably more genuine. Here, indeed, inverts seem to find the highest degree of success and reputation. At least half a dozen of my

¹Merzbach has dealt with the tendency of inverts to adopt special professions: "Homosexualität und Beruf," *Jahrbuch für sexuelle Zwischenstufen*, vol. iv, 1902.

subjects are successful men of letters, and I could easily add others by going outside the group of Histories included in this study. They especially cultivate those regions of *belles-lettres* which lie on the borderland between prose and verse. Though they do not usually attain much eminence in poetry, they are often very accomplished writers of verse. They may be attracted to history, but rarely attempt tasks of great magnitude, involving much patient labor, though to this rule there are exceptions. Pure science seems to have relatively little attraction for the homosexual.¹

An examination of my Histories reveals the interesting fact that 45 of the subjects, or in the proportion of 56 per cent., possess artistic aptitudes of varying degree. Galton found, from the investigation of nearly 1000 persons, that the average showing artistic tastes in England was only about 30 per cent. It must also be said that my figures are probably below the truth, as no special point was made of investigating the matter, and also that in some cases the artistic ability is of high order.

It is suggested that Adler's theory of *Minderwertigkeit*—according to which we react strenuously against our congenital organic defects and fortify them into virtues—may be applied to the invert's acquirement of artistic abilities (G. Rosenstein, "Die Theorien der Organminderwertigkeit und die Bisexualität," *Jahrbuch für Psychoanalytische Forschungen*, vol. ii, 1910, p. 398). This theory is in some cases of valuable

¹ Moll's experience in Germany also reveals the prevalence of inversion among literary men, though, of all occupations, he found the highest proportion among actors. Jäger has referred to the frequency of homosexuality among barbers. I have been told that among London hairdressers homosexuality is so prevalent that there is even a special attitude which the client may adopt in the chair to make known that he is an invert. Dr. Kiernan informs me that in Chicago, also, inversion is specially prevalent among barbers, and he adds that he is acquainted with two cases among women-barbers, a relatively large proportion. It is not difficult to understand this, bearing in mind the close physical association between the barber and his client. "W. G. was a barber's assistant," writes one of my subjects, "and I took an immense fancy to him at first sight. He used to lather me, and the touch of his fingers was a delight. Later on he shaved me and I always looked forward to going to the barber's. If he were not able to attend to me I felt an incredible sinking of heart. The whole day seemed dull and useless. I used to make a mark in my pocket-diary every time he shaved me."

application, but it seems doubtful to me whether it is very profitable in the present connection. The artistic aptitudes of inverts may better be regarded as part of their organic tendencies than as a reaction against those tendencies. In this connection I may quote the remarks of an American correspondent, himself homosexual: "Regarding the connection between inversion and artistic capacity, so far as I can see, the temperament of every invert seems to strive to find artistic expression—crudely or otherwise. Inverts, as a rule, seek the paths of life that lie in pleasant places; their resistance to opposing obstacles is elastic, their work is never strenuous (if they can help it), and their accomplishments hardly ever of practical use. This is all true of the born artist, as well. Both inverts and artists are inordinately fond of praise; both yearn for a life where admiration is the reward for little energy. In a word, they seem to be 'born tired,' begotten by parents who were tired, too."

Hirschfeld (*Die Homosexualität*, p. 66) gives a list of pictures and sculptures which specially appeal to the homosexual. Prominent among them are representations of St. Sebastian, Gainsborough's Blue Boy, Vandyck's youthful men, the Hermes of Praxiteles, Michelangelo's Slave, Rodin's and Meunier's working-men types.

As regards music, my cases reveal the aptitude which has been remarked by others as peculiarly common among inverts. It has been extravagantly said that all musicians are inverts; it is certain that various famous musicians, among the dead and the living, have been homosexual. Ingegnieros speaks of a "genito-musical synæsthesia," analogous to color-hearing, in this connection. Calesia states (*Archivio di Psichiatria*, 1900, p. 209) that 60 per cent. inverts are musicians. Hirschfeld (*Die Homosexualität*, p. 500) regards this estimate as excessive, but he himself elsewhere states (p. 175) that 98 per cent. of male inverts are greatly attracted to music, the women being decidedly less attracted. Oppenheim (in a paper summarized in the *Neurologische Centralblatt* for June 1, 1910, and the *Alienist and Neurologist* for Nov., 1910) well remarks that the musical disposition is marked by a great emotional instability, and this instability is a disposition to nervousness. It is thus that neurasthenia is so common among musicians. The musician has not been rendered nervous by the music, but he owes his nervousness (as also, it may be added, his disposition to homosexuality) to the same disposition to which he owes his musical aptitude. Moreover, the musician is frequently one-sided in his gifts, and the possession of a single hypertrophied aptitude is itself closely related to the neuropathic and psychopathic diathesis.

The tendency to dramatic aptitude—found among a large proportion of my subjects who have never been professional

actors—has attracted the attention of previous investigators in this field.¹ Thus, Moll refers to the frequency of artistic, and especially dramatic, talent among inverts, and remarks that the cause is doubtful. After pointing out that the lie which they have to be perpetually living renders inverts always actors, he goes on to say:—

Apart from this, it seems to me that the capacity and the inclination to conceive situations and to represent them in a masterly manner corresponds to an abnormal predisposition of the nervous system, just as does sexual inversion; so that both phenomena are due to the same source.

I am in agreement with this statement; the congenitally inverted may, I believe, be looked upon as a class of individuals exhibiting nervous characters which, to some extent, approximate them to persons of artistic genius. The dramatic and artistic aptitudes of inverts are, therefore, partly due to the circumstances of the invert's life, which render him necessarily an actor,—and in some few cases lead him into a love of deception comparable with that of a hysterical woman,—and partly, it is probable, to a congenital nervous predisposition allied to the predisposition to dramatic aptitude.

One of my correspondents has long been interested in the frequency of inversion among actors and actresses. He knew an inverted actor who told him he adopted the profession because it would enable him to indulge his proclivity; but, on the whole, he regards this tendency as due to "hitherto unconsidered imaginative flexibilities and curiosities in the individual. The actor, *ex hypothesi*, is one who works himself by sympathy (intellectual and emotional) into states of psychological being that are not his own. He learns to comprehend—nay, to live himself

¹ See, e.g., "Vom Weibmann auf der Bühne," *Jahrbuch für sexuelle Zwischenstufen*, vol. iii, 1901, p. 313. It is curious to find a medicolegal record of this connection long before inversion was recognized. In June, 1833 (see *Annual Register* under this date), a man died who had lived as a kept woman under the name of Eliza Edwards. He was very effeminate in appearance, with beautiful hair, in ringlets two feet long, and a cracked voice; he played female parts in the theater, "in the first line of tragedy," and "appeared as a most lady-like woman." The coroner's jury "strongly recommended to the proper authorities that some means may be adopted in the disposal of the body which will mark the ignominy of the crime."

into—relations which were originally alien to his nature. The capacity for doing this—what makes a born actor—implies a faculty for extending his artistically acquired experience into life. In the process of his trade, therefore, he becomes at all points sensitive to human emotions, and, sexuality being the most intellectually undetermined of the appetites after hunger, the actor might discover in himself a sort of sexual indifference, out of which a sexual aberration could easily arise. A man devoid of this imaginative flexibility could not be a successful actor. The man who possesses it would be exposed to divagations of the sexual instinct under esthetical or merely wanton influences. Something of the same kind is applicable to musicians and artists, in whom sexual inversion prevails beyond the average. They are conditioned by their esthetical faculty, and encouraged by the circumstances of their life to feel and express the whole gamut of emotional experience. Thus they get an environment which (unless they are sharply otherwise differentiated) leads easily to experiments in passion. All this joins on to what you call the 'variational diathesis' of men of genius. But I should seek the explanation of the phenomenon less in the original sexual constitution than in the exercise of sympathetic, assimilative emotional qualities, powerfully stimulated and acted on by the conditions of the individual's life. The artist, the singer, the actor, the painter, are more exposed to the influences out of which sexual differentiation in an abnormal direction may arise. Some persons are certainly made abnormal by nature, others, of this sympathetic artistic temperament, may become so through their sympathies plus their conditions of life." It is possible there may be some element of truth in this view, which my correspondent regarded as purely hypothetical.

In this connection I may, perhaps, mention a moral quality which is very often associated with dramatic aptitude, and also with minor degrees of nervous degeneration, and that is vanity and the love of applause. While among a considerable section of inverts it is not more marked than among the non-inverted, if not, indeed, less marked, among another section it is found in an exaggerated degree. In at least one of my cases vanity and delight in admiration, both as regards personal qualities and artistic productions, reach an almost morbid extent. And the quotations from letters written by various others of my subjects show a curious complacency in the description of their personal physical characters, markedly absent in other cases. It is suggested by Alexander Schmid, on the basis of Adler's views, that

this vanity, which sometimes in the inverted artist becomes an exalted pride, as of a guardian of sacred mysteries, may be regarded as an effort to secure a compensation for the consciousness of feminine defect.¹

The extreme type of this preoccupation with personal beauty is represented by the history of himself sent by a young Italian of good family to Zola in the hope—itself a sign of vanity—that the distinguished novelist would make it the subject of one of his works. The history is reproduced in the *Archives d'Anthropologie Criminelle* (1894) and in *L'Homosexualité et les Types Homosexuels* (1910) by "Dr. Lauphs" (G. Saint-Paul). I quote the following passage: "At the age of 18 I was, with few differences, what I am now (at 23). I am rather below the medium height (1.65 metres), well proportioned, slender, but not lean. My torso is superb; a sculptor could find nothing against it, and would not find it very different from that of Antinotis. My back is very arched, perhaps too much so; and my hips are very developed; my pelvis is broad, like a woman's; my knees slightly approximate; my feet are small; my hands superb; the fingers curved back and with glistening nails, rosy and polished, cut squarely like those of ancient statues. My neck is long and round, the nape charmingly adorned with downy hairs. My head is charming, and at 18 was more so. The oval of it is perfect and strikes all by its infantine form. At 23 I am to be taken for 17 at most. My complexion is white and rosy, deepening at the faintest emotion. The forehead is not beautiful; it recedes slightly and is hollow at the temples, but, fortunately, it is half-covered by long hair, of a dark blonde, which curls naturally. The head is perfect in form, because of the curly hair, but on examination there is an enormous protuberance at the occiput. My eyes are oval, of a gray blue, with dark chestnut eyelashes and thick, arched eyebrows. My eyes are very liquid, but with dark circles, and bistered; and they are subject to slight temporary inflammation. My mouth is fairly large, with thick red lips, the lower pendent; they tell me I have the Austrian mouth. My teeth are dazzling, though three are decayed and stopped; fortunately, they cannot be seen. My ears are small and with very colored lobes. My chin is very fat, and at 18 it was smooth and velvety as a woman's; at present there is a slight beard, always shaved. Two beauty spots, black and velvety, on my left cheek, contrast with my blue eyes. My nose is thin and straight, with delicate nostrils and a slight, almost insensible curve. My voice is gentle, and people always regret that I have not learned to sing." This description is noteworthy as a detailed portrait

¹A. Schmid, "Zur Homosexualität, *Zentralblatt für Psychoanalyse*, vol. i, 1913, p. 237.

of a sexual invert of a certain type; the whole history is interesting and instructive.

Certain peculiarities in taste as regards costume have rightly or wrongly been attributed to inverts,—apart from the tendency of a certain group to adopt feminine habits,—and may here be mentioned. Tardieu many years ago referred to the taste for keeping the neck uncovered. This peculiarity may occasionally be observed among inverts, especially the more artistic among them. The cause does not appear to be precisely vanity so much as that physical consciousness which is so curiously marked in inverts, and induces the more feminine among them to cultivate feminine grace of form, and the more masculine to emphasize the masculine athletic habit.

It has also been remarked that inverts exhibit a preference for green garments. In Rome *cinadi* were for this reason called *galbanati*. Chevalier remarks that some years ago a band of pederasts at Paris wore green cravats as a badge. This decided preference for green is well marked in several of my cases of both sexes, and in some at least the preference certainly arose spontaneously. Green (as Jastrow and others have shown) is very rarely the favorite color of adults of the Anglo-Saxon race, though some inquirers have found it to be more commonly a preferred color among children, especially girls, and it is more often preferred by women than by men.¹ The favorite color among normal women, and indeed very often among normal men, though here not so often as blue, is red, and it is notable that of recent years there has been a fashion for a red tie to be adopted by inverts as their badge. This is especially marked among the "fairies" (as a *fellator* is there termed) in New York. "It is red," writes an American correspondent, himself inverted, "that has become almost a synonym for sexual inversion, not only in the minds of inverts themselves, but in the popular mind. To

¹ See for a summary of various statistics in several countries, Havelock Ellis, *Man and Woman*, 5th ed., 1914, p. 174; also *ib.*, "The Psychology of Red," *Popular Science Monthly*, August and September, 1900.

wear a red necktie on the street is to invite remarks from news-boys and others—remarks that have the practices of inverts for their theme. A friend told me once that when a group of street-boys caught sight of the red necktie he was wearing they sucked their fingers in imitation of *fellatio*. Male prostitutes who walk the streets of Philadelphia and New York almost invariably wear red neckties. It is the badge of all their tribe. The rooms of many of my inverted friends have red as the prevailing color in decorations. Among my classmates, at the medical school, few ever had the courage to wear a red tie; those who did never repeated the experiment."

MORAL ATTITUDE OF THE INVERT.—There is some interest in tracing the invert's own attitude toward his anomaly, and his estimate of its morality. As my cases are not patients seeking to be cured of their perversion, this attitude cannot be taken for granted. I have noted the moral attitude in 57 cases. In 8 the subjects loathe themselves, and have fought in vain against their perversion, which they often regard as a sin. Nine or ten are doubtful, and have little to say in justification of their condition, which they regard as perhaps morbid, a "moral disease." One, while thinking it right to gratify his natural instincts, admits that they may be vices. The remainder, a large majority (including all the women) are, on the other hand, emphatic in their assertion that their moral position is precisely the same as that of the normally constituted individual, on the lowest ground a matter of taste, and at least two state that a homosexual relationship should be regarded as sacramental, a holy matrimony; two or three even regard inverted love as nobler than ordinary sexual love; several add the proviso that there should be consent and understanding on both sides, and no attempt at seduction. The chief regret of 2 or 3 is the double life they are obliged to lead.

When inverts have clearly faced and realized their own nature it is not so much, it seems, their conscience that worries them, or even the fear of the police, as the attitude of the world. An American correspondent writes: "It is the fear of public

opinion that hangs above them like the sword of Damocles. This fear is the heritage of all of us. It is not the fear of conscience and is not engendered by a feeling of wrongdoing. Rather, it is a silent submission to prejudices that meet us on every side. The true normal attitude of the sexual invert (and I have known hundreds) with regard to his particular passion is not essentially different from that of the normal man with regard to his."

It is noteworthy that even when the condition is regarded as morbid, and even when a life of chastity has, on this account, been deliberately chosen, it is very rare to find an invert expressing any wish to change his sexual ideals. The male invert cannot find, and has no desire to find, any sexual charm in a woman, for he finds all possible charms united in a man. And a woman invert writes: "I cannot conceive a sadder fate than to be a woman—an average woman reduced to the necessity of loving a man!"

It will be seen that my conclusions under this head are in striking contrast to those of Westphal, who believed that every invert regarded himself as morbid, and probably show a much higher proportion of self-approving inverts than any previous series.¹ This is largely due to the fact that the cases were not obtained from the consulting-room, and that they represent in some degree the intellectual aristocracy of inversion, including individuals who, often not without severe struggles, have found consolation in the example of the Greeks, or elsewhere, and have succeeded in attaining a *modus vivendi* with the moral world, as they have come to conceive it.

¹ The proportion is not so large, however, as Hirschfeld (*Die Homosexualität*, p. 314) now finds in Germany, where inverts are better informed on the subject of this anomaly, for here 95 per cent. regard their feelings as natural.

CHAPTER VI.

THE THEORY OF SEXUAL INVERSION.

What is Sexual Inversion?—Causes of Diverging Views—The Theory of Suggestion Unworkable—Importance of the Congenital Element in Inversion—The Freudian Theory—Embryonic Hermaphroditism as a Key to Inversion—Inversion as a Variation or "Sport"—Comparison with Color-blindness, Color-hearing, and Similar Abnormalities—What is an Abnormality?—Not Necessarily a Disease—Relation of Inversion to Degeneration—Exciting Causes of Inversion—Not Operative in the Absence of Predisposition.

THE analysis of these cases leads directly up to a question of the first importance: What is sexual inversion? Is it, as many would have us believe, an abominably acquired vice, to be stamped out by the prison? or is it, as a few assert, a beneficial variety of human emotion which should be tolerated or even fostered? Is it a diseased condition which qualifies its subject for the lunatic asylum? or is it a natural monstrosity, a human "sport," the manifestations of which must be regulated when they become antisocial? There is probably an element of truth in more than one of these views. Very widely divergent views of sexual inversion are largely justified by the position and attitude of the investigator. It is natural that the police-official should find that his cases are largely mere examples of disgusting vice and crime. It is natural that the asylum superintendent should find that we are chiefly dealing with a form of insanity. It is equally natural that the sexual invert himself should find that he and his inverted friends are not so very unlike ordinary persons. We have to recognize the influence of professional and personal bias and the influence of environment.

There have been two main streams of tendency in the views regarding sexual inversion: one seeking to enlarge the sphere of the acquired (represented by Binet,—who, however, recognized predisposition,—Schrenck-Notzing, and recently the

Freudians), the other seeking to enlarge the sphere of the congenital (represented by Krafft-Ebing, Moll, Féré, and today by the majority of authorities). There is, as usually happens, truth in both these views. But, inasmuch as those who represent the acquired view often deny any congenital element, we are called upon to discuss the question. The view that sexual inversion is entirely explained by the influence of early association, or of "suggestion," is an attractive one and at first sight it seems to be supported by what we know of erotic fetichism, by which a woman's hair, or foot, or even clothing, becomes the focus of a man's sexual aspirations. But it must be remembered that what we see in erotic fetichism is merely the exaggeration of a normal impulse; every lover is to some extent excited by his mistress's hair, or foot, or clothing. Even here, therefore, there is really what may fairly be regarded as a congenital element; and, moreover, there is reason to believe that the erotic fetichist usually displays the further congenital element of hereditary neurosis. Therefore, the analogy with erotic fetichism does not bring much help to those who argue that inversion is purely acquired. It must also be pointed out that the argument for acquired or suggested inversion logically involves the assertion that normal sexuality is also acquired or suggested. If a man becomes attracted to his own sex simply because the fact or the image of such attraction is brought before him, then we are bound to believe that a man becomes attracted to the opposite sex only because the fact or the image of such attraction is brought before him. Such a theory is unworkable. In nearly every country of the world men associate with men, and women with women; if association and suggestion were the only influential causes, then inversion, instead of being the exception, ought to be the rule throughout the human species, if not, indeed, throughout the whole zoölogical series. We should, moreover, have to admit that the most fundamental human instinct is so constituted as to be equally well adapted for sterility as for that propagation of the race which, as a matter of fact, we find dominant throughout the whole of life. We must, therefore, put aside entirely the notion

that the direction of the sexual impulse is merely a suggested phenomenon; such a notion is entirely opposed to observation and experience, and will with difficulty fit into a rational biological scheme.

The Freudians—alike of the orthodox and the heterodox schools—have sometimes contributed, unintentionally or not, to revive the now antiquated conception of homosexuality as an acquired phenomenon, and that by insisting that its mechanism is a purely psychic though unconscious process which may be readjusted to the normal order by psychoanalytic methods. Freud first put forth a comprehensive statement of his view of homosexuality in the original and pregnant little book, *Drei Abhandlungen zur Sexualtheorie* (1905), and has elsewhere frequently touched on the subject, as have many other psychoanalysts, including Alfred Adler and Stekel, who no longer belong to the orthodox Freudian school. When invert is psychoanalytically studied, Freud believes, it is found that in early childhood they go through a phase of intense but brief fixation on a woman, usually the mother, or perhaps sister. Then, an internal censure inhibiting this incestuous impulse, they overcome it by identifying themselves with women and taking refuge in Narcissism, the self becoming the sexual object. Finally they look for youthful males resembling themselves, whom they love as their mothers loved them. Their pursuit of men is thus determined by their flight from women. This view has been set forth not only by Freud but by Sadger, Stekel, and many others.¹ Freud himself, however, is careful to state that this process only represents one type of stunted sexual activity, and that the problem of inversion is complex and diversified.

This view may be said to assume a bisexual constitution as normal, and homosexuality arises by the suppression, owing to some accident, of the heterosexual component, and the path through an autoerotic process of Narcissism to homosexuality. On this general Freudian con-

¹ See *passim*, *Jahrbuch für Psychoanalytische Forschungen*, *Zentralblatt für Psychoanalyse*, and *Internationale Zeitschrift für Ärztliche Psychoanalyse*; also Sadger, "Zur Aetiologie der Konträren Sexualempfindung," *Medizinische Klinik*, 1909, No. 2.

ception of homosexuality numerous variations have been based, and separate features specially emphasized, by individual psychoanalysts. Thus Sadger considers that, beneath the male individual loved by the invert, a female is concealed, and that this fact may be revealed by psychoanalysis which removes the upper layer of the psychic palimpsest; he believes that this disposition of the invert is favored by a frequent mixture of male and female traits in his near relatives; originally, "it is not man whom the homosexual man loves and desires but man and woman together in one form"; the heterosexual element is later suppressed, and then pure inversion is left. Further, developing Freud's view of the importance of anal eroticism (Freud, *Sammlung Kleiner Schriften zur Neurosenlehre*, vol. ii), Sadger thinks that it is even the rule for a passive invert to have experienced anal eroticism in childhood and been frequently subjected to enemas, which have led to the desire for the anal intromission of the penis. (*Medizinische Klinik*, 1909, No. 2.) Jekels pushes this doctrine further and declares that all inverts are really passive; the invert is, in his love, he states, both subject and object; he identifies himself with his mother and sees in the object of his love his own youthful person. And what, Jekels asks, is the aim of this mental arrangement? It can scarcely be other, he replies, than in the part of the mother to stimulate the anal region of the object which has now become himself, and to procure the same pleasure which in childhood he experienced when his mother satisfied his anal eroticism. Jekels regards this view as the continuation and concretization of Freud's interpretation; and the main point in homosexuality, even when apparently passive, becomes the craving for anal-erotic satisfaction (L. Jekels, "Einige Bemerkungen zur Trieblehre," *Internationale Zeitschrift für Ärztliche Psychoanalyse*, Sept., 1913). Most psychoanalysts are cautious in denying a constitutional or congenital basis to inversion, though they leave it in the background. Ferenczi, in an interesting attempt to classify the homosexual (*Internationale Zeitschrift für Ärztliche Psychoanalyse*, March, 1914), remarks: "Psychoanalytic investigation shows that under the name of homosexuality the most various psychic states are thrown together, on the one hand true constitutional anomalies (inversion, or subject homoeroticism), on the other hand psychoneurotic obsessional conditions (object homoeroticism, or obsessional homoeroticism). The individual of the first kind essentially feels himself a woman who wishes to be loved by a man, while the other represents a neurotic flight from women rather than sympathy to men." The constitutional basis is very definitely accepted by Rudolf Ortway who points out (*Internationale Zeitschrift für Ärztliche Psychoanalyse*, Jan., 1914) that the biological doctrine of recessives and dominants in heredity helps to make clear the emergence or suppression of

homosexuality on a bisexual disposition. "Infantile events," he adds, "which, according to Freud, decide the sexual relations of adults, can only exert their operation on the foundation of an organic predisposition, infantile impressions being determined by hereditary predisposition." Isador Coriat, on the other hand, while recognizing two forms of inversion, incomplete and complete, boldly asserts that it is never congenital and never transmitted through heredity; it is always "originated through a definite unconscious mechanism" (Coriat, "Homosexuality," *New York Medical Journal*, March 22, 1913). Adler's view of homosexuality, as of other allied conditions, differs from that of most psychoanalysts by insisting on the presence of an original organic defect which the subject seeks to fortify into a point of strength; he accepts two chief components of inversion: a vagueness as to sexual differences and a process of self-assurance in the form of rebellion and defiance, and even the feminism of the invert may become a method of gaining power (A. Adler, *Ueber den Neurösen Charakter*, 1912, p. 21).

The mechanism of the genesis of homosexuality put forward by Freud need not be dismissed offhand. Freud has often manifested the insight of genius, and he refrains from molding his conceptions in those inflexible shapes which have sometimes been adopted by the more dogmatic psychoanalysts who have followed him. Nor need we be unduly shocked by the "incestuous" air of the "Oedipus Complex,"¹ as it is commonly called, which figures as a component of the process. The word "incest," though it has been used by Freud himself, seems scarcely a proper word to apply to the vague and elementary feelings of children, especially when those feelings scarcely pass beyond a stage of non-localized and therefore really presexual feelings (in the ordinary use of the term "sexual") which may be regarded as natural and normal. The Freudian conception is misrepresented and prejudiced by the statement that it involves "incest."²

¹ For an exposition of this by an able English representative of Freudian doctrines, see Ernest Jones, "The Oedipus Complex As An Explanation of Hamlet's Mystery," *American Journal of Psychology*, January, 1910.

² The love of relations may be tinged by all degrees of sexual love, some of which are so faint and vague that they cannot be considered unnatural or abnormal; it is misleading to term them incestuous. The Russian novelist, Artzibascheff, in his *Savine* described a brother's affection for his sister as thus touched with a perception

When a child loves its mother with an entire love, that love necessarily involves the germs which in later life become separated and developed into sexual love, but it is inaccurate to term this love of the child "incestuous." It is quite easily conceivable that the psychic mechanism of the establishment of homosexuality has in some cases corresponded to the course described by Freud. It may also be admitted that, as psychoanalysts claim, the pronounced *horror feminae* occasionally found in male inverts may plausibly be regarded as the reversal of an early and disappointed feminine attraction. But it is impossible to regard this mechanism as invariable or even frequent. It is quite true, and I have found ample evidence of the fact, that inverts are often very closely attached to their mothers, even to a greater degree, indeed, than is the rule among normal children, and often like to be in constant association with their mothers. But this attraction is quite misunderstood if it is regarded as a peculiarly sexual attraction. Indeed, the whole point of the attraction is that the inverted boy vaguely feels his own feminine disposition and so shuns the uncongenial amusements and society of his own sex for the sympathy and community of tastes which he finds concentrated in his mother. So far from such association being evidence of sexual attraction it might more reasonably be regarded as evidence of its absence; just as the association of boys among themselves, and of girls among themselves, even in coeducational schools, is proof of the prevalence of heterosexual rather than of homosexual feeling. Confirmation of this point of view may be found in the fact—overlooked and sometimes even denied by psychoanalysts—that frequently, even in early childhood and simultaneously with this community of feeling with his mother, the homosexual boy is already experiencing the predominant fascination of the male. He feels it long before the age at which Narcissism is apt to occur,

of her sexual charm (I refer to the French translation), and the book has consequently been much abused as "incestuous," though the attitude described is very pale and conventional compared to the romantic passion sung in Shelley's *Laon and Cythna*, or the tragic exaltation of the same passion in Ford's great play, "*'Tis Pity She's a Whore.*"

or at which self-consciousness has become sufficiently developed to allow the internal censure on unpermitted emotions to operate, or any flight from them to take place. Moreover, while most authorities have rarely been able to find any clear evidence of the sexual attraction of male inverts in childhood to mother or sister,¹ an attraction of this kind to father or brother seems less difficult to find, and if found it is incompatible with the typical Freudian process. In my own observation, among the Histories here recorded, there are at least two clear examples of such an attraction in childhood. It must further be said that any theory of the etiology of homosexuality which leaves out of account the hereditary factor in inversion cannot be admitted. The evidence for the frequency of homosexuality among the near relatives of the inverted is now indisputable. I have traced it in a considerable proportion of cases, and in many of these the evidence is unquestionable and altogether independent of the statement of the subject himself, whose opinion may be held to be possibly biased or unreliable.² This hereditary factor seems indeed to be called for by the Freudian theory itself. On that theory we need to know how it is that the subject passes through psychic phases, and reaches an emotional disposition, so unlike that of normal persons. The existence of a definite hereditary tendency in a homosexual direction removes that difficulty. Freud himself recognizes this and clearly asserts congenital psychosexual constitution, which must involve predisposition. On a general survey, therefore, it would appear that, on the psychic side, we may accept the reality of unconscious dynamic processes which in particular cases may be of the Freudian or similar type. But while the study of such mechanisms may illuminate the psychology of homosexuality,

¹ Thus Numa Praetorius, a sagacious observer with a very wide and thorough knowledge of homosexuality, finds himself quite unable to accept the "Oedipus Complex" explanation of inversion (*Jahrbuch für sexuelle Zwischenstufen*, July, 1914, p. 362).

² It cannot be maintained that the frequency of inversion among the near relatives of inverts is a chance coincidence, for it must be remembered that few estimates of the prevalence of inversion yield a higher proportion than 3 per cent.

they leave untouched the fundamental organic factors now accepted by most authorities.¹

The rational way of regarding the normal sexual instinct is as an inborn organic impulse, reaching full development about the time of puberty.² During the period of development suggestion and association may come in to play a part in defining the object of the emotion; the soil is now ready, but the variety of seeds likely to thrive in it is limited. That there is a greater indefiniteness in the aim of the sexual impulse at this period we may well believe. This is shown not only by occasional tentative signs of sexual emotion directed toward the same sex in childhood, but by the frequently ideal and unlocalized character of the normal passion even at puberty. But the channel of sexual emotion is not thereby turned into an abnormal path. Whenever this happens we are bound to believe—and we have many grounds for believing—that we are dealing with an organism which from the beginning is abnormal. The same seed of suggestion is sown in various soils; in the many it dies

¹ See also a discussion of the Freudian view by Hirschfeld, who concludes (*Die Homosexualität*, p. 344) that we can only accept the Freudian mechanism as rare, and in all cases subordinate to organic predisposition.

² It has been denied by some (Meynert, Näcke, etc.) that there is any sexual *instinct* at all. I may as well, therefore, explain in what sense I use the word. (See also "Analysis of the Sexual Impulse" in vol. iii of these *Studies*.) I mean an inherited aptitude the performance of which normally demands for its full satisfaction the presence of a person of the opposite sex. It might be asserted that there is no such thing as an instinct for food, that it is all imitation, etc. In a sense this is true, but the automatic basis remains. A chicken from an incubator needs no hen to teach it to eat. It seems to discover eating and drinking, as it were, by chance, at first eating awkwardly and eating everything, until it learns what will best satisfy its organic mechanism. There is no instinct for food, it may be, but there is an instinct which is only satisfied by food. It is the same with the "sexual instinct." The tentative and omnivorous habits of the newly hatched chicken may be compared to the uncertainty of the sexual instinct at puberty, while the sexual pervert is like a chicken that should carry on into adult age an appetite for worsted and paper. It may be added here that the question of the hereditary nature of the sexual instinct has been exhaustively discussed and decisively affirmed by Moll in his *Untersuchungen über die Libido Sexualis*, 1898. Moll attaches importance to the inheritance of the normal aptitudes for sexual reaction in an abnormally weak degree as a factor in the development of sexual perversions.

out; in the few it flourishes. The cause can only be a difference in the soil.

If, then, we must postulate a congenital abnormality in order to account satisfactorily for at least a large proportion of sexual inverts, wherein does that abnormality consist? Ulrichs explained the matter by saying that in sexual inverts a male body coexists with a female soul: *anima muliebris in corpore virile inclusa*. Even writers of scientific eminence, like Magnan and Gley, have adopted this phrase in a modified form, considering that in inversion a female brain is combined with a male body or male glands. This is, however, not an explanation. It merely crystallizes into an epigram the superficial impression of the matter.¹

We can probably grasp the nature of the abnormality better if we reflect on the development of the sexes and on the latent organic bisexuality in each sex. At an early stage of development the sexes are indistinguishable, and throughout life the traces of this early community of sex remain. The hen fowl retains in a rudimentary form the spurs which are so large and formidable in her lord, and sometimes she develops a capacity to crow, or puts on male plumage. Among mammals the male possesses useless nipples, which occasionally even develop into breasts, and the female possesses a clitoris, which is merely a rudimentary penis, and may also develop. The sexually inverted person does not usually possess any gross exaggeration of these signs of community with the opposite sex. But, as we have seen, there are a considerable number of more subtle approximations to the opposite sex in inverted persons, both on the physical and the psychic side. Putting the matter in a purely speculative shape, it may be said that at conception the organism is provided with about 50 per cent. of male germs and about 50 per

¹ This view was revived in a modified form by Nücke (*Zeitschrift für die gesamte Neurologie und Psychiatrie*, vol. xv, Heft 5, 1913), who supposed that there may be an anatomical "homosexual center" in the brain; i.e., a feminine libido-center in the inverted man, and a masculine libido-center in the inverted woman. He expressed a hope that in the future the brains of inverted persons would be more carefully investigated.

cent. of female germs, and that, as development proceeds, either the male or the female germs assume the upper hand, until in the maturely developed individual only a few aborted germs of the opposite sex are left. In the homosexual, however, and in the bisexual, we may imagine that the process has not proceeded normally, on account of some peculiarity in the number or character of either the original male germs or female germs, or both, the result being that we have a person who is organically twisted into a shape that is more fitted for the exercise of the inverted than of the normal sexual impulse, or else equally fitted for both.¹

The conception of the latent bisexuality of all males and females cannot fail to be fairly obvious to intelligent observers of the human body. It emerges at an early period in the history of philosophic thought, and from the first was occasionally used for the explanation of homosexuality. Plato's myth in the *Banquet* and the hermaphroditic statues of antiquity show how acute minds, working ahead of science, exercised themselves with these problems. (For a fully illustrated study of the ancient conception of hermaphroditism in sculpture see L. S. A. M. von Römer, "Ueber die Androgynische Idee des Lebens," *Jahrbuch für sexuelle Zwischenstufen*, vol. v, 1903, pp. 711-939.) Parmenides, following Alcmaeon, the philosophic physician who discovered that the brain is the central organ of intellect, remarks Gomperz (*Greek Thinkers*, Eng. tr., vol. i, p. 183), used the idea of variation in the proportion of male and female generative elements to account for idiosyncrasies of sexual character. After an immense interval Hüssli, the inverted Swiss man-milliner, in his *Eros* (1838) put forth the Greek view anew. Schopenhauer, again from the philosophical side, recognized the bisexuality of the human individual (see Juliusburger, *Allgemeine Zeitschrift für Psychiatrie*, 1912, p. 630), and Ulrichs, from 1862 onward, adopted a similar doctrine, on a Platonic basis, to explain the "Uranian" constitution. After this the idea began to be more precisely developed from the scientific side, though not at first with reference to homosexuality, and more especially by the great pioneers of the doctrine of Evolution. Darwin emphasized the significance of the facts on this point, as later Weismann, while Haeckel, who was one of the earliest Darwinians, has in recent years clearly recognized the bearing on the interpre-

¹ I do not present this view as more than a picture which helps us to realize the actual phenomena which we witness in homosexuality, although I may add that so able a teratologist as Dr. J. W. Ballantyne considers that "it seems a very possible theory."

tation of homosexuality of the fact that the ancestors of the vertebrates were hermaphrodites, as vertebrates themselves still are in their embryonic disposition (Haeckel, in *Jahrbuch für sexuelle Zwischenstufen*, April, 1913, pp. 262-3, 287). This view had, however, been set forth at an earlier date by individual physicians, notably in America by Kiernan (*American Lancet*, 1884, and *Medical Standard*, November and December, 1888), and Lydston (*Philadelphia Medical and Surgical Reporter*, September, 1889, and *Addresses and Essays*, 1892).

In 1893, in his *L'Inversion Sexuelle*, Chevalier, a pupil of Lacasagne—who had already applied the term "hermaphroditisme moral" to this anomaly—explained congenital homosexuality by the idea of latent bisexuality. Dr. G. de Letamendi, Dean of the Faculty of Medicine of Madrid, in a paper read before the International Medical Congress at Rome in 1894, set forth a principle of panhermaphroditism—a hermaphroditic bipolarity—which involved the existence of latent female germs in the male, latent male germs in the female, which latent germs may strive for, and sometimes obtain, the mastery. In February, 1896, the first version of the present chapter, setting forth the conception of inversion as a psychic and somatic development on the basis of a latent bisexuality, was published in the *Centralblatt für Nervenheilkunde und Psychiatrie*. Kurella (*ib.*, May, 1896) adopted a somewhat similar view, even arguing that the invert is a transitional form between the complete man or woman and the hermaphrodite. In Germany a patient of Krafft-Ebing had worked out the same idea, connecting inversion with fetal bisexuality (eighth edition *Psychopathia Sexualis*, p. 227). Krafft-Ebing himself at first simply asserted that, whether congenital or acquired, there must be *Belastung*; inversion is a "degenerate phenomenon," a functional sign of degeneration (Krafft-Ebing, "Zur Erklärung der conträren Sexualempfindung," *Jahrbuch für Psychiatrie*, 1894). In the later editions of *Psychopathia Sexualis*, however (1896 and onward and notably in *Jahrbuch für sexuelle Zwischenstufen*, vol. iii, 1901), he went farther, adopting the explanation on the lines of original bisexuality (English translation of tenth edition, pp. 336-7). In much the same language as I have used he argued that there has been a struggle in the centers, homosexuality resulting when the center antagonistic to that represented by the sexual gland conquers, and psychosexual hermaphroditism resulting when both centers are too weak to obtain victory, in either case such disturbance not being a psychic degeneration or disease, but simply an anomaly comparable to a malformation and quite consonant with psychic health. This is the view now widely accepted by investigators of sexual inversion. (Much material bearing on the history of this conception has been brought together by Hirschfeld, in *Die Homosexualität*, ch. xix, and previously in "Vom

Wesen der Liebe," *Jahrbuch für sexuelle Zwischenstufen*, vol. viii, 1906, pp. 111-133.)

A similar or allied view is now constantly met with in writers of scientific authority who are only incidentally concerned with the study of sexual inversion. Thus Halban ("Die Entstehung des Geschlechtscharaktere," *Archiv für Gynäkologie*, 1903) regards hermaphroditism, which he would extend to the psychic sphere, as a state in which a double sexual impulse determines the course of fetal and later development. Shattock and Seligmann ("True Hermaphroditism in the Domestic Fowl, with Remarks on Allopterotism," *Transactions of Pathological Society of London*, vol. lvii, part i, 1906), pointing out that mere atrophy of the ovary cannot account for the appearance in the hen bird of male characters which are not retrogressive but progressive, argues that such birds are really bisexual or hermaphrodite, either by the single "ovary" being really bisexual, as was the case with a fowl they examined, or that the sexual glands are paired, one being male and the other female, or else that there is misplaced male tissue in a neighboring viscous like the adrenal or kidney, the male elements asserting themselves when the female elements degenerate. "Hermaphroditism," they conclude, "far from being a phenomenon altogether abnormal amongst the higher vertebrates, should be viewed rather as a reversion to the primitive ancestral phase in which bisexuality was the normal disposition. . . . True hermaphroditism in man being established, the question arises whether lesser grades do not occur. . . . Remote evidence of bisexuality in the human subject may, perhaps, be afforded by the psychological phenomenon of sexual perversion and inversion." Similarly in a case of unilateral secondary male character in an otherwise female pheasant, C. J. Bond has more recently shown (Section of Zoölogy, Birmingham Meeting of British Medical Association, *British Medical Journal*, Sept. 20, 1913) that an ovi-testis was present, with degenerating ovarian tissue and developing testicular tissue, and such islands of actively growing male tissue can frequently be found, he states, in the degenerating ovaries of female birds which have put forth male plumage. Sir John Bland-Sutton, referring to the fact that the external conformation of the body affords no positive certainty as to the nature of the internal sexual glands, adds (*British Medical Journal*, Oct. 30, 1909): "It is a fair presumption that some examples of sexual frigidity and sex perversion may be explained by the possibility that the individuals concerned may possess sexual glands opposite in character to those indicated by the external configuration of their bodies." Looking at the matter more broadly and fundamentally in its normal aspects, Heape declares (*Proceedings of the Cambridge Philosophical Society*, vol. xiv, part ii, 1907) that "there is no such thing as a pure male or female

animal, but that all contain a dominant and recessive sex, except those hermaphrodites in which both sexes are equally represented. . . . There seems to me ample evidence for the conclusion that there is no such thing as a pure male or female." F. H. A. Marshall, again, in his standard manual, *The Physiology of Reproduction* (1910, p. 655 *et seq.*), is inclined to accept the same view. "If it be true," he remarks, "that all individuals are potentially bisexual and that changed circumstances, leading to a changed metabolism, may, in exceptional circumstances, even in adult life, cause the development of the recessive characters, it would seem extremely probable that the dominance of one set of sexual characters over the other may be determined in some cases at an early stage of development in response to a stimulus which may be either internal or external." So also, Berry Hart ("Atypical Male and Female Sex-Ensemble," a paper read before Edinburgh Obstetrical Society, *British Medical Journal*, June 20, 1914, p. 1355) regards the normal male or female as embodying a maximum of the potent organs of his or her own sex with a minimum of non-potent organs of the other sex, with secondary sex traits congruent. Any increase in the minimum gives a diminished maximum and non-congruence of the secondary characters.

We thus see that the ancient medicophilosophic conception of organic bisexuality put forth by the Greeks as the key to the explanation of sexual inversion, after sinking out of sight for two thousand years, was revived early in the nineteenth century by two amateur philosophers who were themselves inverted (Hössli, Ulrichs), as well as by a genuine philosopher who was not inverted (Schopenhauer). Then the conception of latent bisexuality, independently of homosexuality, was developed from the purely scientific side (by Darwin and evolutionists generally). In the next stage this conception was adopted by the psychiatric and other scientific authorities on homosexuality (Krafft-Ebing and the majority of other students). Finally, embryologists, physiologists of sex and biologists generally, not only accept the conception of bisexuality, but admit that it probably helps to account for homosexuality. In this way the idea may be said to have passed into current thought. We cannot assert that it constitutes an adequate explanation of homosexuality, but it enables us in some degree to understand what for many is a mysterious riddle, and it fur-

nishes a useful basis for the classification not only of homosexuality, but of the other mixed or intermediate sexual anomalies in the same group. The chief of these intermediate sexual anomalies are: (1) physical hermaphroditism in its various stages; (2) gynandromorphism, or eunuchoidism, in which men possess characters resembling those of males who have been early castrated and women possess similarly masculine characters; (3) sexoesthetic inversion, or Eonism (Hirschfeld's transvestism or cross-dressing), in which, outside the specifically sexual emotions, men possess the tastes of women and women those of men.

Hirschfeld has discussed these intermediate sexual stages in various works, especially in *Geschlechtsübergänge* (1905), *Die Transvestiten* (1910), and ch. xi of *Die Homosexualität*. Hermaphroditism (the reality of which has only of late been recognized and is still disputed) and pseudohermaphroditism in their physical variations are fully dealt with in the great work, richly illustrated, *Hermaphroditismus beim Menschen*, by F. L. von Neugebauer, of Warsaw. Neugebauer published an earlier and briefer study of the subject in the *Jahrbuch für sexuelle Zwischenstufen*, vol. iv, 1902, pp. 1-176, with a bibliography in vol. viii (1906) of the same *Jahrbuch*, pp. 685-700. Hirschfeld emphasizes the fact that neither hermaphroditism nor eunuchoidism is commonly associated with homosexuality, and that a large proportion of the cases of transvestism, as defined by him, are heterosexual. True inversion seems, however, to be not infrequently found among pseudohermaphrodites; Neugebauer records numerous cases; Magnan has published a case in a girl brought up as a youth (*Gazette médicale de Paris*, March 31, 1911) and Lapointe a case in a man brought up as a girl (*Revue de psychiatrie*, 1911, p. 219). Such cases may be accounted for by the training and associations involved by the early error in recognition of sex, and perhaps still more by a really organic predisposition to homosexuality, although the sexual psychic characters are not necessarily bound up with the coexistence of corresponding sexual glands. Halban (*Archiv für Gynäkologie*, 1903) goes so far as to class the homosexual as "real pseudohermaphrodites," exactly comparable to a man with a female breast or a woman with a beard, and proposes to term homosexuality "pseudohermaphroditus masculinus psychicus." This, however, is an unnecessary and scarcely satisfactory confusion.

To place the group of homosexual phenomena among other intermediate groups on the organic bisexual basis is a con-

venient classification. It can scarcely be regarded as a complete explanation. It is probable that we may ultimately find a more fundamental source of these various phenomena in the stimulating and inhibiting play of the internal secretions.¹ Our knowledge of the intimate association between the hormones and sexual phenomena is already sufficient to make such an explanation intelligible; the complex interaction of the glandular internal secretions and their liability to varying disturbance in balance may well suffice to account for the complexity of the phenomena. It would harmonize with what we know of the occasional delayed manifestations of homosexuality, and would not clash with their congenital nature, for we know that a disordered state of the thymus, for instance, may be hereditary, and it is held that status lymphaticus may be either inborn or acquired.² Normal sexual characters seem to depend largely upon the due co-ordination of the internal secretions, and it is reasonable to suppose that sexual deviations depend upon their inco-ordination. If a man is a man, and a woman a woman, because (in Blair Bell's phrase) of the totality of their internal secretions, the intermediate stages between the man and the woman must be due to redistribution of those internal secretions.³

We know that various internal secretions possess an influential sexual effect. Thus the atrophy of the thymus seems to be connected with sexual development at puberty; the thyroid reinforces the genital glands; adrenal overdevelopment can produce in a female the secondary characteristics of the male, as well as cause precocious development of maleness; etc. "An

¹ This explanation of homosexuality has already been tentatively put forth. Thus, Ivan Bloch (*Sexual Life of Our Time*, ch. xix, Appendix) vaguely suggests a new theory of homosexuality as dependent on chemical influences. Hirschfeld also believes (*Die Homosexualität*, ch. xx) that the study of the internal secretions is the path to the deepest foundations of inversion.

² A. E. Garrod, "The Thymus Gland in its Clinical Aspects," *British Medical Journal*, Oct. 3, 1914

³ "The pure female and the pure male are produced by all the internal secretions," Blair Bell, "The Internal Secretions," *British Medical Journal*, Nov. 15, 1913.

alteration in the metabolism," as F. H. A. Marshall suggests, "even in comparatively late life, may initiate changes in the direction of the opposite sex." Metabolic chemical processes may thus be found to furnish a key to complex and subtle sexual variations, alike somatic and psychic, although we must still regard such processes as arising on an inborn predisposition.

Whatever its ultimate explanation, sexual inversion may thus fairly be considered a "sport," or variation, one of those organic aberrations which we see throughout living nature, in plants and in animals.

It is not here asserted, as I would carefully point out, that an inverted sexual instinct, or organ for such instinct, is developed in early embryonic life; such a notion is rightly rejected as absurd. What we may reasonably regard as formed at an early stage of development is strictly a predisposition; that is to say, such a modification of the organism that it becomes more adapted than the normal or average organism to experience sexual attraction to the same sex. The sexual invert may thus be roughly compared to the congenital idiot, to the instinctive criminal, to the man of genius, who are all not strictly concordant with the usual biological variation (because this is of a less subtle character), but who become somewhat more intelligible to us if we bear in mind their affinity to variations. Symonds compared inversion to color-blindness; and such a comparison is reasonable. Just as the ordinary color-blind person is congenitally insensitive to those red-green rays which are precisely the most impressive to the normal eye, and gives an extended value to the other colors,—finding that blood is the same color as grass, and a florid complexion blue as the sky,—so the invert fails to see emotional values patent to normal persons, transferring those values to emotional associations which, for the rest of the world, are utterly distinct. Or we may compare inversion to such a phenomenon as color-hearing, in which there is not so much defect as an abnormality of nervous tracks producing new and involuntary combinations. Just as the color-hearer instinctively associates colors with sounds, like the young

Japanese lady who remarked when listening to singing, "That boy's voice is red!" so the invert has his sexual sensations brought into relationship with objects that are normally without sexual appeal.¹ And inversion, like color-hearing is found more commonly in young subjects, tending to become less marked, or to die out, after puberty. Color-hearing, while an abnormal phenomenon, it must be added, cannot be called a diseased condition, and it is probably much less frequently associated with other abnormal or degenerative stigmata than is inversion; there is often a congenital element, shown by the tendency to hereditary transmission, while the associations are developed in very early life, and are too regular to be the simple result of suggestion.²

All such organic variations are abnormalities. It is important that we should have a clear idea as to what an abnormality is. Many people imagine that what is abnormal is necessarily diseased. That is not the case, unless we give the word disease an inconveniently and illegitimately wide extension. It is both inconvenient and inexact to speak of color-blindness, criminality, and genius as diseases in the same sense as we speak of scarlet fever or tuberculosis or general paralysis as diseases. Every congenital abnormality is doubtless due to a peculiarity in the sperm or oval elements or in their mingling, or to some disturbance in their early development. But the same may doubtless be said of the normal dissimilarities between brothers and sisters. It is quite true that any of these aberrations may be due to antenatal disease, but to call them

¹ After this chapter was first published (in the *Centralblatt für Nervenheilkunde*, February, 1896), Féré also compared congenital inversion to color-blindness and similar anomalies (Féré, "La Descendance d'un Inverti," *Revue Générale de Clinique et Thérapeutique*, 1896), while Ribot referred to the analogy with color-hearing (*Psychology of the Emotions*, part ii, ch. vii).

² See, e.g., Flournoy, *Des Phénomènes de Synopsie*, Geneva, 1893; and for a brief discussion of the general phenomena of synesthesia, E. Parish, *Hallucinations and Illusions (Contemporary Science Series)*, chapter vii; Bleuler, article "Secondary Sensations," in Tuke's *Dictionary of Psychological Medicine*; and Havelock Ellis, *Man and Woman*, 5th ed., 1915, pp. 181-4.

abnormal does not beg that question. If it is thought that any authority is needed to support this view, we can scarcely find a weightier than that of Virchow, who repeatedly insisted on the right use of the word "anomaly," and who taught that, though an anomaly may constitute a predisposition to disease, the study of anomalies—pathology, as he called it, teratology as we may perhaps prefer to call it—is not the study of disease, which he termed nosology; the study of the abnormal is perfectly distinct from the study of the morbid. Virchow considers that the region of the abnormal is the region of pathology, and that the study of disease must be regarded distinctly as nosology. Whether we adopt this terminology, or whether we consider the study of the abnormal as part of teratology, is a secondary matter, not affecting the right understanding of the term "anomaly" and its due differentiation from the term "disease."

At the Innsbruck meeting of the German Anthropological Society, in 1894, Virchow thus expressed himself: "In old days an anomaly was called *πάθος*, and in this sense every departure from the norm is for me a pathological event. If we have ascertained such a pathological event, we are further led to investigate what *pathos* was the special cause of it. . . . This cause may be, for example, an external force, or a chemical substance, or a physical agent, producing in the normal condition of the body a change, an anomaly (*πάθος*). This can become hereditary under some circumstances, and then become the foundation for certain small hereditary characters which are propagated in a family; in themselves they belong to pathology, even although they produce no injury. For I must remark that pathological does not mean harmful; it does not indicate disease; disease in Greek is *νόσος*, and it is nosology that is concerned with disease. The pathological under some circumstances can be advantageous" (*Correspondenz-blatt Deutsch Gesellschaft für Anthropologie*, 1894). These remarks are of interest when we are attempting to find the wider bearings of such an anomaly as sexual inversion.

This same distinction has more recently been emphasized by Professor Aschoff (*Deutsche medizinische Wochenschrift*, February 3, 1910; cf. *British Medical Journal*, April 9, 1910, p. 892), as against Ribbert and others who would unduly narrow the conception of *πάθος*. Aschoff points out that, not merely for the sake of precision and uniformity of terminology but of clear thinking, it is desirable that we should retain a distinction in regard to which Galen and the ancient

physicians were very definite. They used *πάθος* as the wider term involving affection (*affectio*) in general, not necessarily impairment of vital tissue; when that was involved there was *νόσος*, disease. We have to recognize the distinction even if we reject the terminology.

A word may be said as to the connection between sexual inversion and degeneration. In France especially, since the days of Morel, the stigmata of degeneration are much spoken of. Sexual inversion is frequently regarded as one of them: i.e., as an episodic syndrome of a hereditary disease, taking its place beside other psychic stigmata, such as kleptomania and pyromania. Krafft-Ebing long so regarded inversion; it is the view of Magnan, one of the earliest investigators of homosexuality;¹ and it was adopted by Möbius. Strictly speaking, the invert is degenerate; he has fallen away from the genus. So is a color-blind person. But Morel's conception of degenerescence has unfortunately been coarsened and vulgarized.² As it now stands, we gain little or no information by being told that a person is a "degenerate." It is only, as Näcke constantly argued, when we find a complexus of well-marked abnormalities that we are fairly justified in asserting that we have to deal with a condition of degeneration. Inversion is sometimes found in such a condition. I have, indeed, already tried to suggest that a condition of diffused minor abnormality may be regarded as a basis of congenital inversion. In other words, inversion is bound up with a modification of the secondary sexual characters. But these anomalies and modifications are not invariable,³ and are not usually of a serious character; inversion is rare in the profoundly degenerate. It is undesirable to call these modifica-

¹ Magnan has in recent years reaffirmed this view ("Inversion Sexuelle et Pathologie Mentale," *Revue de Psychothérapie*, March, 1914): "The invert is a diseased person, a degenerate."

² It is this fact which has caused the Italians to be shy of using the word "degeneration;" thus, Marro, in his great work, *I Caratteri dei Delinquenti*, made a notable attempt to analyze the phenomena lumped together as degenerate into three groups: atypical, atavistic, and morbid.

³ Hirschfeld and Burchard among 200 inverts found pronounced stigmata of degeneration in only 16 per cent. (Hirschfeld, *Die Homosexualität*, ch. xx.)

tions "stigmata of degeneration," a term which threatens to disappear from scientific terminology, to become a mere term of literary and journalistic abuse. So much may be said concerning a conception or a phrase of which far too much has been made in popular literature. At the best it remains vague and unfitted for scientific use. It is now widely recognized that we gain little by describing inversion as a degeneration. Näcke, who attached significance to the stigmata of degeneration when numerous, was especially active in pointing out that inverts are not degenerate, and frequently returned to this point. Löwenfeld, Freud, Hirschfeld, Bloch, Rohleder all reject the conception of sexual inversion as a degeneracy.

Moll is still unable to abandon altogether the position that since inversion involves a disharmony between psychic disposition and physical conformation we must regard it as morbid, but he recognizes (like Krafft-Ebing) that it is properly viewed as being on the level of a deformity, that is, an abnormality, comparable to physical hermaphroditism. (A. Moll, "Sexuelle Zwischenstufen," *Zeitschrift für ärztliche Fortbildung*, No. 24, 1904.) Näcke repeatedly emphasized the view that inversion is a congenital non-morbid abnormality; thus in the last year of his life he wrote (*Zeitschrift für die Gesamte Neurologie und Psychiatrie*, vol. xv, Heft 5, 1913): "We must not conceive of homosexuality as a degeneration or a disease, but at most as an abnormality, due to a disturbance of development." Löwenfeld, always a cautious and sagacious clinical observer, agreeing with Näcke and Hirschfeld, regards inversion as certainly an abnormality, but not therefore morbid; it may be associated with disease and degeneration, but is usually simply a variation from the norm, not to be regarded as morbid or degenerate, and not diminishing the value of the individual as a member of society (Löwenfeld, *Ueber die sexuelle Konstitution*, 1911, p. 166; also *Zeitschrift für Sexualwissenschaft*, Feb., 1908, and *Sexual-Probleme*, April, 1908). Aletrino of Amsterdam pushes the view that inversion is a non-morbid abnormality to an undue extreme by asserting that "the uranist is a normal variety of the species *Homo sapiens*" ("Uranisme et Dégénérescence," *Archives d'Anthropologie Criminelle*, Aug.-Sept., 1908); inversion may be regarded as (in the correct sense of the word here adopted) a pathological abnormality, but not as an anthropological human variety comparable to the Negro or the Mongolian man. (For further opinions in favor of inversion as an anomaly, see Hirschfeld, *Die Homosexualität*, p. 388 et seq.)

Sexual inversion, therefore, remains a congenital anomaly, to be classed with other congenital abnormalities which have psychic concomitants. At the very least such congenital abnormality usually exists as a predisposition to inversion. It is probable that many persons go through the world with a congenital predisposition to inversion which always remains latent and unroused; in others the instinct is so strong that it forces its own way in spite of all obstacles; in others, again, the predisposition is weaker, and a powerful exciting cause plays the predominant part.

We are thus led to the consideration of the causes that excite the latent predisposition. A great variety of causes has been held to excite to sexual inversion. It is only necessary to mention those which I have found influential. The first to come before us is our school-system, with its segregation of boys and girls apart from each other during the periods of puberty and adolescence. Many inverts have not been to school at all, and many who have been pass through school-life without forming any passionate or sexual relationship; but there remain a large number who date the development of homosexuality from the influences and examples of school-life. The impressions received at the time are not less potent because they are often purely sentimental and without any obvious sensual admixture. Whether they are sufficiently potent to generate permanent inversion alone may be doubtful, but, if it is true that in early life the sexual instincts are less definitely determined than when adolescence is complete, it is conceivable, though unproved, that a very strong impression, acting even on a normal organism, may cause arrest of sexual development on the psychic side.

Another exciting cause of inversion is seduction. By this I mean the initiation of the young boy or girl by some older and more experienced person in whom inversion is already developed, and who is seeking the gratification of the abnormal instinct. This appears to be a not uncommon incident in the early history of sexual inverts. That such seduction—some

times an abrupt and inconsiderate act of mere sexual gratification—could by itself produce a taste for homosexuality is highly improbable; in individuals not already predisposed it is far more likely to produce disgust, as it did in the case of the youthful Rousseau. "He only can be seduced," as Moll puts it, "who is capable of being seduced." No doubt it frequently happens in these, as so often in more normal "seductions," that the victim has offered a voluntary or involuntary invitation.

Another exciting cause of inversion, to which little importance is usually attached, but which I find to have some weight, is disappointment in normal love. It happens that a man in whom the homosexual instinct is yet only latent, or at all events held in a state of repression, tries to form a relationship with a woman. This relationship may be ardent on one or both sides, but—often, doubtless, from the latent homosexuality of the lover—it comes to nothing. Such love-disappointments, in a more or less acute form, occur at some time or another to nearly everyone. But in these persons the disappointment with one woman constitutes motive strong enough to disgust the lover with the whole sex and to turn his attention toward his own sex. It is evident that the instinct which can thus be turned round can scarcely be strong, and it seems probable that in some of these cases the episode of normal love simply serves to bring home to the invert the fact that he is not made for normal love. In other cases, it seems,—especially those that are somewhat feeble-minded and unbalanced,—a love-disappointment really does poison the normal instinct, and a more or less impotent love for women becomes an equally impotent love for men. The prevalence of homosexuality among prostitutes may be, to a large extent, explained by a similar and better-founded disgust with normal sexuality.¹

¹ Alcohol has sometimes been considered an important exciting cause of homosexuality, and alcoholism is certainly not uncommon in the heredity of inverts; according to Hirschfeld (*Die Homosexualität*, p. 386) it is well marked in one of the parents in over 21 per cent. of cases. But it probably has no more influence as an exciting cause in the individual homosexual person than in the individual heterosexual person. From the Freudian standpoint, indeed, Abraham believes (*Zeit-*

These three influences, therefore,—example at school, seduction, disappointment in normal love,—all of them drawing the subject away from the opposite sex and concentrating him on his own sex, are exciting causes of inversion; but they require a favorable organic predisposition to act on, while there are a large number of cases in which no exciting cause at all can be found, but in which, from earliest childhood, the subject's interest seems to be turned on his own sex, and continues to be so turned throughout life.

At this point I conclude the analysis of the psychology of sexual inversion as it presents itself to me. I have sought only to bring out the more salient points, neglecting minor points, neglecting also those groups of inverters who may be regarded as of secondary importance. The average invert, moving in ordinary society, is a person of average general health, though very frequently with hereditary relationships that are markedly neurotic. He is usually the subject of a congenital predisposing abnormality, or complexus of minor abnormalities, making it difficult or impossible for him to feel sexual attraction to the opposite sex, and easy to feel sexual attraction to his own sex. This abnormality either appears spontaneously from the first, by development or arrest of development, or it is called into activity by some accidental circumstance.

schrift für Sexualwissenschaft, Heft 8, 1908) that even in normal persons alcohol removes the inhibition from a latent homosexuality, and Juliusburger from the same standpoint (*Zentralblatt für Psychoanalyse*, Heft 10 and 11, 1912) thinks that the alcoholic tendency is unconsciously aroused by the homosexual impulse in order to reach its own gratification. But we may accept Näcke's conclusions (*Allgemeine Zeitschrift für Psychiatrie*, vol. lxxviii, 1911, p. 852), that (1) alcohol cannot produce homosexuality in persons not predisposed, that (2) it may arouse it in those who are predisposed, that (3) the action of alcohol is the same on the homosexual as the heterosexual, and that (4) alcoholism is not common among inverters.

CHAPTER VII.

CONCLUSIONS.

The Prevention of Homosexuality—The Influence of the School—Coeducation—The Treatment of Sexual Inversion—Castration—Hypnotism—Associational Therapy—Psychoanalysis—Mental and Physical Hygiene—Marriage—The Children of Inverts—The Attitude of Society—The Horror Aroused by Homosexuality—Justinian—The *Code Napoléon*—The State of the Law in Europe Today—Germany—England—What Should be our Attitude toward Homosexuality?

HAVING now completed the psychological analysis of the sexual invert, so far as I have been able to study him, it only remains to speak briefly of the attitude of society and the law. First, however, a few words as to the medical and hygienic aspects of inversion. The preliminary question of the prevention of homosexuality is in too vague a position at present to be profitably discussed. So far as the really congenital invert is concerned, prevention can have but small influence; but sound social hygiene should render difficult the acquisition of homosexual perversity, or what has been termed pseudohomosexuality. It is the school which is naturally the chief theater of immature and temporary homosexual manifestations, partly because school life largely coincides with the period during which the sexual impulse frequently tends to be undifferentiated, and partly because in the traditions of large and old schools an artificial homosexuality is often deeply rooted.

Homosexuality in English schools has already been briefly referred to in chapter iii. As a precise and interesting picture of the phenomena in French schools, I may mention a story by Albert Nortal, *Les Adolescents Passionnés*, (1913), written immediately after the author left college, though not published until more than twenty-five years later, and clearly based on personal observation and experience. As regards German schools, see, e.g., Moll, *Untersuchungen über die Libido Sexualis*, p. 449 *et seq.*, and for sexual manifestations in early life generally, the same author's *Sexual Life of the Child*; also Hirsch-

feld, *Jahrbuch für sexuelle Zwischenstufen*, vol. v, 1903, p. 47 *et seq.* and, for references, Hirschfeld, *Die Homosexualität*, p. 46 *et seq.*

While much may be done by physical hygiene and other means to prevent the extension of homosexuality in schools,¹ it is impossible, and even undesirable, to repress absolutely the emotional manifestations of sex in either boys or girls who have reached the age of puberty.² It must always be remembered that profoundly rooted organic impulses cannot be effectually combated by direct methods. Writing of a period two centuries ago, Casanova, in relating his early life as a seminarist trained to the priesthood, describes the precautions taken to prevent the youths entering each other's beds, and points out the folly of such precautions.³ As that master of the human heart remarks, such prohibitions intensify the very evil they are intended to prevent by invoking in its aid the impulse to disobedience natural to every child of Adam and Eve, and the observation has often been repeated by teachers since. We probably have to recognize that a way to render such manifestations wholesome, as well as to prepare for the relationships of later life, is the adoption, so far as possible, of the method of coeducation of the sexes,⁴—not, of course, necessarily involving identity of education for both sexes,—since a certain amount of association between the sexes

¹ In this connection I may refer to Moll's *Sexual Life of the Child*, to the writings of Dr. Clement Dukes, physician to Rugby School, who fully recognizes the risks of school-life, and to the discussion on sexual vice in schools, started by an address by the Rev. J. M. Wilson, headmaster of Clifton College, in the *English Journal of Education*, 1881-82.

² With regard to the importance of the sexual emotions generally and their training, see the well-known book by Edward Carpenter, *Love's Coming of Age*; Professor Gurlitt ("Knabenfreundschaften," *Sexual-Probleme*, Oct., 1909) also upholds the intimate friendships of youth, which in his own experience have not had even a suspicion of homosexuality.

³ Casanova, *Mémoires*, vol. i (edition Garnier), p. 160. See also remarks by an experienced master in one of the largest English public schools, which I have brought forward in vol. i of these *Studies*, "Autoerotism," 3d ed., 1910.

⁴ See, e.g., Professor J. R. Angell, "Some Reflections upon the Reaction from Coeducation," *Popular Science Monthly*, Nov., 1902; also Moll's *Sexual Life of the Child*, ch. ix, and for a general discussion of coeducation, S. Poirson, *La Coéducation*, 1911.

helps to preserve the healthiness of the sexual emotional attitude. Association between the sexes will not, of course, prevent the development of congenital inversion. In this connection it is pointed out by Bethe that it was precisely in Sparta and Lesbos, where homosexuality was most ideally cultivated, that the sexes, so far as we know, associated more freely than in any other Greek State.¹

The question of the treatment of homosexuality must be approached with discrimination, caution, and skepticism. Nowadays we can have but little sympathy with those who, at all costs, are prepared to "cure" the invert. There is no sound method of cure in radical cases.

At one time the seemingly very radical method of castration was advocated and occasionally carried out, as in a case I have recorded in a previous chapter (History XXVI). Like all methods of treatment, it is sometimes believed to have been successful by those who carried it out. Usually, after a short period, it is found to be unsuccessful, and in some cases the condition, especially the mental condition, is rendered worse. It is not difficult to understand why this should be. Sexual inversion is not a localized genital condition. It is a diffused condition, and firmly imprinted on the whole psychic state. There may be reasons for castration, or the slighter operation of vasectomy, but, although sexual tension may be thereby diminished, no authority now believes that any such operation will affect the actual inversion. Castration of the body in adult age cannot be expected to produce castration of the mind. Moll, Féré, Näcke, Bloch, Rohleder, Hirschfeld, are all either opposed to castration for inversion, or very doubtful as to any beneficial results.

In a case communicated to me by Dr. Shufeldt, an invert had himself castrated at the age of 26 to diminish sexual desire, make himself more like a woman, and to stop growth of beard. "But the only apparent physical effect," he wrote, "was to increase my weight

¹ Bethe, "Die Dorische Knabenliebe," *Rheinisches Museum für Philologie*; vol. lxii, Heft 3, p. 440; cf. Edward Carpenter, *Intermediate Types among Primitive Folk*, ch. vi.

10 per cent., and render me a semi-invalid for the rest of my life. After two years my sexuality decreased, but that may have been due to satiety or to advancing years. I was also rendered more easily irritated over trifles and more revengeful. Terrible criminal auto-suggestions came into my head, never experienced before." Féré (*Revue de Chirurgie*, March 10, 1905) published the case of an invert of English origin who had been castrated. The inverted impulse remained unchanged, as well as sexual desire and the aptitude for erection; but neurasthenic symptoms, which had existed before, were aggravated; he felt less capable to resist his impulses, became migratory in his habits of life, and addicted to the use of laudanum. In a case recorded by C. H. Hughes (*Alienist and Neurologist*, Aug., 1914) the results were less unsatisfactory; in this case the dorsal nerve of the penis was first excised, without any result (see also *Alienist and Neurologist*, Feb., 1904, p. 70, as regards worse than useless results of cutting the pudic nerve), and a year or so later the testes were removed and the patient gained tranquillity and satisfaction; his homosexual inclinations appeared to go, and he began to show inclination for asexualized women, being specially anxious to meet with a woman whose ovaries had been removed on account of inversion. (Reference may also be made to Nücke, "Die Ersten Kastrationen aus sozialen Gründen auf europäischen Boden," *Neurologisches Centralblatt*, 1909, No. 5, and E. Wilhelm in *Jaristisch-psychiatrische Grenzfragen*, vol. viii, Heft 6 and 7, 1911.)

More trust has usually been placed in the psychotherapeutical than the surgical treatment of homosexuality. At one time hypnotic suggestion was carried out very energetically on homosexual subjects. Krafft-Ebing seems to have been the first distinguished advocate of hypnotism for application to the homosexual. Dr. von Sehrenck-Notzing displayed special zeal and persistency in this treatment. He undertook to treat even the most pronounced cases of inversion by courses lasting more than a year, and involving, in at least one case, nearly one hundred and fifty hypnotic sittings; he prescribed frequent visits to the brothel, previous to which the patient took large doses of alcohol; by prolonged manipulations a prostitute endeavored to excite erection, a process attended with varying results. It appears that in some cases this course of treatment was attended by a certain sort of success, to which an unlimited good will on the part of the patient, it is needless to say, largely

contributed. The treatment was, however, usually interrupted by continual backsliding to homosexual practices, and sometimes, naturally, the cure involved a venereal disorder. The patient was enabled to marry and to beget children.¹ It is a method of treatment which seems to have found few imitators. This we need not regret. The histories I have recorded in previous chapters show that it is not uncommon for even a pronounced invert to be able sometimes to effect coitus. It often becomes easy if at the time he fixes his thoughts on images connected with his own sex. But the perversion remains unaffected; the subject is merely (as one of Moll's inverts expressed it) practising masturbation *per vaginam*. Such treatment is a training in vice, and, as Raffalovich points out, the invert is simply perverted and brought down to the vicious level which necessarily accompanies perversity.²

There can be no doubt that in slight and superficial cases of homosexuality, suggestion may really exert an influence. We can scarcely expect it to exert such influence when the homosexual tendency is deeply rooted in an organic inborn temperament. In such cases indeed the subject may resist suggestion even when in the hypnotic state. This is pointed out by Moll, a great authority on hypnotism, and with much experience of its application to homosexuality, but never inclined to encourage an exaggerated notion of its efficacy in this field. Forel, who was also an authority on hypnotism, was equally doubtful as to its value in relation to inversion, especially in clearly inborn cases. Krafft-Ebing at the end said little about it, and Näcke (who was himself without faith in this method of treating inversion) stated that he had been informed by the

¹ Schrenck-Notzing, *Die Suggestionstherapie bei krankhaften Erscheinungen des Geschlechtsinnes*, 1892. (Eng. trans. *Therapeutic Suggestion*, 1895.)

² Raffalovich, *Uranisme et Unisexualité*, 1896, p. 16. He remarks that the congenital invert who has never had relations with women, and whose abnormality, to use Krafft-Ebing's distinction, is a perversion and not a perversity, is much less dangerous and apt to seduce others than the more versatile and corrupt person who has known all methods of gratification.

last homosexual case treated by Krafft-Ebing by hypnotism that, in spite of all good-will on the patient's side, the treatment had been quite useless. Féré, also, had no belief in the efficacy of suggestive treatment, nor has Merzbach, nor Rohleder. Numa Praetorius states that the homosexual subjects he is acquainted with, who had been so treated, were not cured, and Hirschfeld remarks that the inverts "cured" by hypnotism were either not cured or not inverted.¹

Moll has shown his doubt as to the wide applicability of suggestive therapeutics in homosexuality by developing in recent years what he terms association-therapy. In nearly all perverse individuals, he points out, there is a bridge,—more or less weak, no doubt,—which leads to the normal sexual life. By developing such links of association with normality, Moll believes, it may be possible to exert a healing influence on the homosexual. Thus a man who is attracted to boys may be brought to love a boyish woman.² Indications of this kind have long been observed and utilized, though not developed into a systematic method of treatment. In the case of bisexual individuals, or of youthful subjects whose homosexuality is not fully developed, it is probable that this method is beneficial. It is difficult to believe, however, that it possesses any marked influence on pronounced and developed cases of inversion.³

Somewhat the same aim as Moll's association-therapy, though on the basis of a more elaborate theory, is sought by Freud's psychoanalytic method of treating homosexuality. For the psychoanalytic theory (to which reference was made in the previous chapter) the congenital element of inversion is a rare and usually unimportant factor; the chief part is played by perverse psychic mechanisms. It is the business of psychoanalysis

¹ See, e.g., Moll, *Die Konträre Sexualempfindung*, ch. xi; Forel, *Die Sexuelle Frage*, ch. xiv; Nücke, "Die Behandlung der Homosexualität, Sexual-Probleme, Aug., 1910; Hirschfeld, *Die Homosexualität*, ch. xxii.

² Moll, *Zeitschrift für Psychotherapie*, 1911, Heft 1; *id.*, *Handbuch der Sexualwissenschaften*, 1912, p. 662 et seq.

³ This is also the opinion of Numa Praetorius, *Jahrbuch für sexuelle Zwischenstufen*, Jan., 1913, p. 222.

to straighten these out, and from the bisexual constitution, which is regarded as common to every one, to bring into the foreground the heterosexual elements, and so to reconstruct a normal personality, developing new sexual ideals from the patient's own latent and subconscious nature. Sadger has especially occupied himself with the psychoanalytic treatment of homosexuality and claims many successes.¹ Sadger admits that there are many limits to the success of this treatment, and that it cannot affect the inborn factors of homosexuality when present. Other psychoanalysts are less sanguine as to the cure of inversion. Stekel appears to have stated that he has never seen a complete cure by psychoanalysis, and Ferenezi is not able to give a good account of the results; especially as regards what he terms obsessional homosexuality, he states that he has never succeeded in effecting a complete cure, although obsessions in general are especially amenable to psychoanalysis.²

I have met with at least two homosexual persons who had undergone psychoanalytic treatment and found it beneficial. One, however, was bisexual, so that the difficulties in the way of the success—granting it to be real—were not serious. In the other case, the inversion persisted after treatment, exactly the same as before. The benefit he received was due to the fact that he was enabled to understand himself better and to overcome some of his mental difficulties. The treatment, therefore, in his case, was not a method of cure, but of psychic hygiene, of what Hirschfeld would call “adaptation-therapy.” There can be no doubt that—even if we put aside all effort at cure and regard an invert's condition as inborn and permanent—a large and important field of treatment here still remains.

¹ See, especially, Sadger, *Zeitschrift für Sexualwissenschaft*, Heft 12, 1908; also *Jahrbuch für sexuelle Zwischenstufen*, vol. ix, 1908; Sadger's methods are criticised by Hirschfeld, *Die Homosexualität*, ch. xxii, and defended by Sadger, *Internationale Zeitschrift für Aerztliche Psychoanalyse*, July, 1914, p. 392. For a discussion of the psychoanalytic treatment of homosexuality by a leading American Freudian, see Brill, *Journal American Medical Association*, Aug. 2, 1913.

² *Internationale Zeitschrift für Aerztliche Psychoanalyse*, March, 1914.

As we have seen in the two previous chapters, sexual inversion cannot be regarded as essentially an insane or psychopathic state.¹ But it is frequently associated with nervous conditions which may be greatly benefited by hygiene and treatment, without any attempt at all to overcome a homosexual attitude which may be too deeply rooted to be changed. The invert is specially liable to suffer from a high degree of neurasthenia, often involving much nervous weakness and irritability, loss of self-control, and genital hyperesthesia.² Hirschfeld finds that over 67 per cent. inverts suffer from nervous troubles, and among the cases dealt with in the present *Study* (as shown in chapter v) slight nervous functional disturbances are very common. These are conditions which may be ameliorated, and they may be treated in much the same way as if no inversion existed, by physical and mental tonics; or, if necessary, sedatives; by regulated gymnastics and out-of-door exercises; and by occupations which employ, without overexerting, the mind. Very great and permanent benefit may be obtained by a prolonged course of such mental and physical hygiene; the associated neurasthenic conditions may be largely removed, with the morbid fears, suspicions, and irritabilities that are usually part of neurasthenia, and the invert may be brought into a fairly wholesome and tonic condition of self-control.

The inversion is not thus removed. But if the patient is still young, and if the perversion does not appear to be deeply rooted in the organism, it is probable that—provided his own

¹ This is now generally recognized. See, e.g., Roubinovitch and Borel, "Un Cas d'Uranisme," *L'Encéphale*, Aug., 1913. These authors conclude that it is today impossible to look upon inversion as the equivalent or the symptom of a psychopathic state, though we have to recognize that it frequently coexists with morbid emotional states. Nücke, also, in his extensive experience, found that homosexuality is rare in asylums and slight in character; he dealt with this question on various occasions; see, e.g., *Jahrbuch für sexuelle Zwischenstufen*, vol. viii, 1906.

² Krafft-Ebing considered that the temporary or lasting association of homosexuality with neurasthenia having its root in congenital conditions is "almost invariable," and some authorities (like Meynert) have regarded inversion as an accidental growth on the foundation of neurasthenia.

good-will is aiding—general hygienic measures, together with removal to a favorable environment, may gradually lead to the development of the normal sexual impulse. If it fails to do so, it becomes necessary to exercise great caution in recommending stronger methods. Purely "Platonic association with the other sex," Moll points out, "leads to better results than any prescribed attempt at coitus." For even when such attempt is successful, it is not usually possible to regard the results with much satisfaction. Not only is the acquisition of the normal instinct by an invert very much on a level with the acquisition of a vice, but probably it seldom succeeds in eradicating the original inverted instinct.¹ What usually happens is that the person becomes capable of experiencing both impulses,—not a specially satisfactory state of things. It may be disastrous, especially if it leads to marriage, as it may do in an inverted man or still more easily in an inverted woman. The apparent change does not turn out to be deep, and the invert's position is more unfortunate than his original position, both for himself and for his wife.²

¹ Féré expressed himself concerning the general treatment of homosexuality in the same sense, and even more emphatically (Féré, *L'Instinct Sexuel*, 1899, pp. 272, 286). He considers that all forms of congenital inversion resist treatment, and that, since a change in the invert's instincts must be regarded rather as a perversion of the invert than a cure of the inversion, one may be permitted to doubt not only the utility of the treatment, but even the legitimacy of attempting it. The treatment of sexual inversion, he declared, is as much outside the province of medicine as the restoration of color-vision in the color-blind. The ideal which the physician and the teacher must place before the invert is that of chastity; he must seek to harness his wagon to a star.

² I have been told by a distinguished physician, who was consulted in the case, of a congenital invert highly placed in the English government service, who married in the hope of escaping his perversion, and was not even able to consummate the marriage. It is needless to insist on the misery which is created in such cases. It is not, of course, denied that such marriages may not sometimes become eventually happy. Thus Kiernan ("Psychical Treatment of Congenital Sexual Inversion," *Review of Insanity and Nervous Diseases*, June, 1894) reports the case of a thoroughly inverted girl who married the brother of the friend to whom she was previously attached merely in order to secure his sister's companionship. She was able to endure and even enjoy intercourse by imagining that her husband, who resembled his sister, was another sister. Liking and esteem for the husband gradually increased

It may be observed in the Histories brought forward in chapter iii that the position of married invert (we must, of course, put aside the bisexual) is usually more distressing than that of the unmarried. Among my cases 14 per cent. are married. Hirschfeld finds that 16 per cent. of invert are married and 50 per cent. are impotent; he is unable to find a single cure of homosexuality, and seldom any improvement, due to marriage; nearly always the impulse remains unaffected. The invert's happiness is, however, often affected for the worse, and not least by the feeling that he is depriving his wife of happiness. An invert, who had left his country through fear of arrest and married a rich woman who was in love with him, said to Hirschfeld: "Five years' imprisonment would not have been worse than one year of marriage."¹ In a marriage of this kind the homosexual partner and the normal partner—however ignorant of sexual matters—are both conscious, often with equal pain, that, even in the presence of affection and esteem and the best will in the world, there is something lacking. The instinctive and emotional element, which is the essence of sexual love and springs from the central core of organic personality, cannot voluntarily be created or even assumed.²

and after the sister died a child was born who much resembled her; "the wife's esteem passed through love of the sister to intense natural love of the daughter, as resembling the sister; through this to normal love of the husband as the father and brother." The final result may have been satisfactory, but this train of circumstances could not have been calculated beforehand. Moll is also opposed, on the whole (e.g., *Deutsche medicinische Presse*, No. 6, 1902), to marriage and procreation by invert.

¹ Hirschfeld, *Die Homosexualität*, ch. xxi. It might seem on theoretical grounds that the marriage of a homosexual man with a homosexual woman might turn out well. Hirschfeld, however, states that he knows of 14 such marriages, and the theoretical expectation has not been justified; 3 of the cases speedily terminated in divorce, 4 of the couples lived separately, and all but 2 of the remaining couples regretted the step they had taken. I may add that in such a case even the expectation of happiness scarcely seems reasonable, since neither of the parties can feel a true mating impulse toward the other.

² Hirschfeld also notes (*Die Homosexualität*, p. 95) that women often instinctively feel that there is something wrong in the love of their inverted husbands who may perhaps succeed in copulating, but betray their deepest feelings by a repugnance to touch the sexual

For the sake of the possible offspring, also, marriage is to be avoided. It is sometimes entirely for the sake of children that the invert desires to marry. But it must be pointed out that homosexuality is undoubtedly in many cases inherited. Often, it is true, the children turn out fairly well, but, in many cases, they bear witness that they belong to a neurotic and failing stock;¹ Hirschfeld goes so far as to say that it is always so, and concludes that from the eugenic standpoint the marriage of a homosexual person is always very risky. In a large number of cases such marriages prove sterile. The tendency to sexual inversion in eccentric and neurotic families seems merely to be nature's merciful method of winding up a concern which, from her point of view, has ceased to be profitable.

As a rule, inverts have no desire to be different from what they are, and, if they have any desire for marriage, it is usually only momentary. Very pathetic appeals for help are, however, sometimes made. I may quote from a letter addressed to me by a gentleman who desired advice on this matter: "In part, I write to you as a moralist and, in part, as to a physician. Dr. Q. has published a book in which, without discussion, hypnotic treatment of such cases was reported as successful. I am eager to know if your opinion remains what it was. This new assurance comes from a man whose moral firmness and delicacy are unquestionable, but you will easily imagine how one might shrink from the implantation of new impulses in the unconscious self, since newly created inclinations might disturb the conditions of life. At any rate,

parts with the hand. The homosexual woman, also, as Hirschfeld elsewhere points out with cases in illustration (p. 84), may suffer seriously through being subjected to normal sexual relationships.

¹ Féré reports the case of an invert of great intellectual ability who had never had any sexual relationships, and was not averse from a chaste life; he was urged by his doctor to acquire the power of normal intercourse and to marry, on the ground that his perversion was merely a perversion of the imagination. He did so, and, though he married a perfectly strong and healthy woman, and was himself healthy, except in so far as his perversion was concerned, the offspring turned out disastrously. The eldest child was an epileptic, almost an imbecile, and with strongly marked homosexual impulses; the second and third children were absolute idiots; the youngest died of convulsions in infancy (Féré, *L'Instinct Sexuel*, p. 289 *et seq.*). No doubt this is not an average case, but the numerous examples of the offspring of similar marriages brought forward by Hirschfeld (*op. cit.*, p. 391) scarcely present a much better result.

in my ignorance of hypnotism I fear that the effort to give the normal instinct might lead to marriage without the assurance that the normal instinct would be stable. I write, therefore, to explain my present condition and crave your counsel. It is with the greatest reluctance that I reveal the closely guarded secret of my life. I have no other abnormality, and have not hitherto betrayed my abnormal instinct. I have never made any person the victim of passion: moral and religious feelings were too powerful. I have found my reverence for other souls a perfect safeguard against any approach to impurity. I have never had sexual interest in women. Once I had a great friendship with a beautiful and noble woman, without any mixture of sexual feeling on my part. I was ignorant of my condition, and I have the bitter regret of having caused in her a hopeless love—proudly and tragically concealed to her death. My friendships with men, younger men, have been colored by passion, against which I have fought continually. The shame of this has made life a hell, and the horror of this abnormality, since I came to know it as such, has been an enemy to my religious faith. Here there could be no ease of a divinely given instinct which I was to learn to use in a rational and chaste fashion, under the control of spiritual loyalty. The power which gave me life seemed to insist on my doing that for which the same power would sting me with remorse. If there is no remedy I must either cry out against the injustice of this life of torment between nature and conscience, or submit to the blind trust of baffled ignorance. If there is a remedy life will not seem to be such an intolerable ordeal. I am not pleading that I must succumb to impulse. I do not doubt that a pure celibate life is possible so far as action is concerned. But I cannot discover that friendship with younger men can go on uncolored by a sensuous admixture which fills me with shame and loathing. The gratification of passion—normal or abnormal—is repulsive to esthetic feeling. I am nearly 42 and I have always diverted myself from personal interests that threatened to become dangerous to me. More than a year ago, however, a new fate seemed to open to my unhappy and lonely life. I became intimate with a young man of 20, of the rarest beauty of form and character. I am confident that he is and always has been pure. He lives an exalted moral and religious life dominated by the idea that he and all men are partners of the divine nature, and able in the strength of that nature to be free from evil. I believe him to be normal. He shows pleasure in the society of attractive young women and in an innocent, light-hearted way refers to the time when he may be able to marry. He is a general favorite, but turned to me as to a friend and teacher. He is poor, and it was possible for me to guarantee him a good education. I began to help him from the longings of a lonely life.

I wanted a son and a friend in my inward desolation. I craved the companionship of this pure and happy nature. I felt such a reverence for him that I hoped to find the sensuous element in me purged away by his purity. I am, indeed, utterly incapable of doing him harm; I am not morally weak; nevertheless the sensuous element is there, and it poisons my happiness. He is ardently affectionate and demonstrative. He spends the summers with me in Europe, and the tenderness he feels for me has prompted him at times to embrace and kiss me as he always has done to his father. Of late I have begun to fear that without will or desire I may injure the springs of feeling in him, especially if it is true that the homosexual tendency is latent in most men. The love he shows me is my joy, but a poisoned joy. It is the bread and wine of life to me; but I dare not think what his ardent affection might ripen into. I can go on fighting the battle of good and evil in my attachment to him, but I cannot define my duty to him. To shun him would be cruelty and would belie his trust in human fidelity. Without my friendship he will not take my money—the condition of a large career. I might, indeed, explain to him what I explain to you, but the ordeal and shame are too great, and I cannot see what good it would do. If he has the capacity of homosexual feeling he might be violently stimulated; if he is incapable of it, he would feel repulsion.

"Suppose, then, that I should seek hypnotic treatment, I still do not know what tricks an abnormal nature might play me when diverted by suggestion. I might lose the joy of this friendship without any compensation. I am afraid; I am afraid! Might I not be influenced to shun the only persons who inspire unselfish feeling?

"Bear with this account of my story. Many virtues are *easy* for me, and my life is spent in pursuits of culture. Alas, that all the culture with which I am credited, all the prayers and aspirations, all the strong will and heroic resolves have not rid my nature of this evil bent! What I long for is the right to love, not for the mere physical gratification, for the right to take another into the arms of my heart and profess all the tenderness I feel, to find my joy in planning his career with him, as one who is rightfully and naturally entitled to do so. I crave this since I cannot have a son. I leave the matter here.

"When I read what I have written I see how pointless it is. It is possible, indeed, that brooding over my personal calamity magnifies in my mind the sense of danger to this friend through me, and that I only need to find the right relation of friendliness coupled with aloofness which will secure him against any too ardent attachment. Certainly I have no fear that I shall forget myself. Yet two things array them-

selves on the other side: I rebel inwardly against the necessity of isolating myself as if I were a pestilence, and I rebel against the taint of sensuous feeling. The normal man can feel that his instinct is no shame when the spirit is in control. I know that to the consciousness of others my instinct itself would be a shame and a baseness, and I have no tendency to construct a moral system for myself. I have, to be sure, moments when I declare to myself that I will have my sensuous gratification as well as other men, but, the moment I think of the wickedness of it, the rebellion is soon over. The disesteem of self, the sense of taint, the necessity of withdrawing from happiness lest I communicate my taint, that is a spiritual malady which makes the ground-tone of my existence one of pain and melancholy. Should you have only some moral consolation without the promise of medical assistance I should feel grateful."

In such a case as this, one can do little more than advise the sufferer that, however painful his lot may be, it is not without its consolations, and that he would be best advised to pursue, as cheerfully as may be, the path that he has already long since marked out for himself. The invert sometimes fails to realize that for no man with high moral ideals, however normal he may be, is the conduct of life easy, and that if the invert has to be satisfied with affection without passion, and to live a life of chastity, he is doing no more than thousands of normal men have done, voluntarily and contentedly. As to hypnotism in such a case as this, it is altogether unreasonable to expect that suggestion will supplant the deeply rooted organic impulses that have grown up during a lifetime.

We may thus conclude that in the treatment of inversion the most satisfactory result is usually obtained when it is possible by direct and indirect methods to reduce the sexual hyperesthesia which frequently exists, and by psychic methods to refine and spiritualize the inverted impulse, so that the invert's natural perversion may not become a cause of acquired perversity in others. The invert is not only the victim of his own abnormal obsession, he is the victim of social hostility. We must seek to distinguish the part in his sufferings due to these two causes. When I review the cases I have brought forward and the mental history of inverts I have known, I am inclined to say that if we can enable an invert to be healthy, selfrestrained and selfrespecting, we have often done better than to convert him into the mere feeble simulacrum of a normal man. An appeal to

the *paidierastia* of the best Greek days, and the dignity, temperance, even chastity, which it involved, will sometimes find a ready response in the emotional, enthusiastic nature of the congenial invert. Plato's Dialogues have frequently been found a source of great help and consolation by inverts. The "manly love" celebrated by Walt Whitman in *Leaves of Grass*, although it may be of more doubtful value for general use, furnishes a wholesome and robust ideal to the invert who is insensitive to normal ideals.¹

Among recent books, *Ioläus: An Anthology of Friendship*, edited by Edward Carpenter, may be recommended. A similar book in German, of a more extended character, is *Lieblingminne und Freudesliebe in der Weltliteratur*, edited by Elisár von Kupffer. Mention may also be made of the *Freundschaft* (1912) of Baron von Gleichen-Russwurm, a sort of literary history of friendship, without specific reference to homosexuality, although many writers of inverted tendency are introduced. Platen's *Tagebücher* are notable as the diary of an invert of high character and ideals. The volumes of the *Jahrbuch für sexuelle Zwischenstufen* contain many studies bearing on the ideal and æsthetic aspects of homosexuality.

Various modern poets of high ability have given expression to emotions of exalted or passionate friendship toward individuals of the same sex, whether or not such friendship can properly be termed homosexual. It is scarcely necessary to refer to *In Memoriam*, in which Tennyson enshrined his affection for his early friend, Arthur Hallam, and developed a picture of the universe on the basis of that affection. The poems of Edward Cracroft Lefroy are notable, and Mr. John Gambril Nicholson has privately issued several volumes of verse (*A Chaplet of Southernwood, A Garland of Ladslöve*, etc.) showing delicate charm combined with high technical skill. Some books mainly

¹ It is scarcely necessary to add that the same principle is adaptable to the case of homosexual women. "In all such cases," writes an American woman physician, "I would recommend that the moral sense be trained and fostered, and the persons allowed to keep their individuality, being taught to remember always that they are different from others, rather sacrificing their own feelings or happiness when necessary. It is good discipline for them, and will serve in the long run to bring them more favor and affection than any other course. This quality or idiosyncrasy is not essentially evil, but, if rightly used, may prove a blessing to others and a power for good in the life of the individual; nor does it reflect any discredit upon its possessor."

or entirely written in prose may fairly be included in the same group. Such are *In the Key of Blue*, by John Addington Symonds, and the *Memoirs of Arthur Hamilton* (published anonymously by a well-known author, A. C. Benson), in which on somewhat Platonic lines the idea is worked out that the individual sufferer must pass "from the love of one fair form to the love of abstract beauty" and "from the contemplation of his own suffering to the consideration of the root of all human suffering."

As regards the modern poetic literature of feminine homosexuality there is probably nothing to put beside the various volumes—pathetic in their brave simplicity and sincerity—of "Renée Vivien" (see *ante*, p. 200). Most other feminine singers of homosexuality have cautiously thrown a veil of heterosexuality over their songs.

Novels of a more or less definitely homosexual tone are now very numerous in English, French, German, and other languages. In English the homosexuality is for the most part veiled and the narrative deals largely with school-life and boys in order that the emotional and romantic character of the relations described may appear more natural. Thus *Tim*, an anonymously published book by H. O. Sturgis (1891), described the devotion of a boy to an older boy at Eton and his death at an early age. *Jaspar Tristram*, by A. W. Clarke (1899), again, is a well-written story of a schoolboy friendship of homosexual tone; a boy is represented as feeling attraction to boys who are like girls, and a girl became attractive to the hero because she is like a boy and recalls her brother whom he had formerly loved. *The Garden God: A Tale of Two Boys*, by Forrest Reid (1905), is another rather similar book, in its way a charming and delicately written idyll. *Imre: A Memorandum* (1906), by "Xavier Mayne" (the pseudonym of an American author, who has also written *The Intercourses*), privately issued at Naples, is a book of a different class, representing the frankly homosexual passion of two mutually attracted men, an Englishman who is supposed to write the story and a Hungarian officer; it embodies a notable narrative of homosexual development which is probably more or less real.

In French there are a number of novels dealing with homosexuality, sometimes sympathetically, sometimes with artistic indifference, sometimes satirically. André Gide (in *L'Immoraliste* and other books), Rachilde (Madame Vallette), Willy (in the well-known *Claudine* series) may be mentioned, among other writers of more or less distinction, who have once or oftener dealt with homosexuality. Special reference should be made to the Belgian author George Eekhoud, whose *Escal-Vigor* (prosecuted at Bruges on its publication) is a book of special power. The homosexual stories of Essebac, of

which *L'Elu* (1902) is considered the best, are of a romantic and sentimental character. *Lucien* (1910), by Binet-Valmer, is a penetrating and severely sympathetic study of inversion. Nortal's *Les Adolescents Passionnés* (already mentioned, p. 325) is a notably intimate and precise study of homosexuality in French schools. It would be easy to mention many others.

In Germany during recent years many novels of homosexual character have been published. They are not usually, it would seem, of high literary character, but are sometimes notable as being more or less disguised narratives of real fact. Bodý's *Aus Eines Mannes Mädchenjahren* is said to be a faithful autobiography. *Der Neue Werther: eine Hellenische Passions-geschichte* by Narkissos (1902) is also said to be authentic. Another book that may be mentioned is Kouradin's *Ein Junger Platon: Aus dem Leben eines Entgeistes* (1914). The German belletristic literature of homosexuality, as well as that of other countries, will be found adequately summarized and criticised by Numa Praetorius in the volumes of the *Jahrbuch für sexuelle Zwischenstufen*. See also Hirschfeld's *Die Homosexualität*, pp. 47 and 1018 *et seq.*

It is by some such method of self-treatment as this that most of the more highly intelligent men and women whose histories I have already briefly recorded have at last slowly and instinctively reached a condition of relative health and peace, both physical and moral. The method of self-restraint and self-culture, without self-repression, seems to be the most rational method of dealing with sexual inversion when that condition is really organic and deeply rooted. It is better that a man should be enabled to make the best of his own strong natural instincts, with all their disadvantages, than that he should be unsexed and perverted, crushed into a position which he has no natural aptitude to occupy. As both Raffalovich and Féré have insisted, it is the ideal of elasticity, rather than of normal sexuality, which the congenital invert should hold before his eyes. He may not have in him the making of *l'homme moyen sensuel*; he may have in him the making of a saint.¹ What good work in

¹ The existence of an affinity between homosexuality and the religious temperament has been referred to in ch. i as recognized in many parts of the world. See, for a more extended discussion, Horney, *Der Priester*, and Bloch, *Die Prostitution*, vol. i, pp. 101-119. The psychoanalysts have also touched on this point: thus Pfister, *Die*

the world the inverted may do is shown by the historical examples of distinguished inverts; and, while it is certainly true that these considerations apply chiefly to the finer-grained natures, the histories I have brought together suffice to show that such natures constitute a considerable proportion of inverts. The helplessly gross sexual appetite cannot thus be influenced; but that remains true whether the appetite is homosexual or heterosexual, and nothing is gained by enabling it to feed on women as well as on men.

A strictly ascetic life, it needs scarcely be said, is with difficulty possible for all persons, either homosexual or heterosexual. It is, however, outside the province of the physician to recommend his inverted patients to live according to their homosexual impulses, even when those impulses seem to be natural to the person displaying them. The most that the physician is entitled to do, it seems to me, is to present the situation clearly, and leave to the patient a decision for which he must himself accept the responsibility. Forel goes so far as to say that he sees no reason why inverts should not build cities of their own and marry each other if they so please, since they can do no harm to normal adults, while children can be protected from them.¹ Such notions are, however, too far removed from our existing social conventions to be worth serious consideration.

The standpoint here taken up, it may be remarked, by no means denies to the invert a right to the fulfillment of his impulses. Numa Praetorius remarks, it would seem justly, that while the invert must properly be warned against unnatural sexual license, and while those who are capable of continence do well to preserve it, to deny all right to sexual activity to the invert merely causes those inverts who are incapable of self-control to throw recklessly aside all restraints (*Zeitschrift für sexuelle Zwischenstufen*, vol. viii, 1906, p. 726). The invert has the right to sexual indulgence, it may be, but he has also the duty to accept the full responsibility for his own actions, and the

Frommigkeit des Grafen von Zinzendorf (1910), argues that the founder of the pietistic sect of the Herrenhuter was of sublimated homosexual (or bisexual) temperament.

¹ Forel, *Die Sexuelle Frage*, p. 528. Such ideas are, of course, often put forward by inverts themselves.

necessity to recognize the present attitude of the society he lives in. He cannot be advised to set himself in violent opposition to that society.

The world will not be a tolerable place for pronounced invert^s until they are better understood, and that will involve a radical change in general and even medical opinion. An inverted physician, of high character and successful in his profession, writes to me on this point: "The first, and easiest, thing to do, it seems to me, is to convince the medical profession that we unfortunate people are not only as sane, but as moral, as our normal brothers; and that we are even more alive to the supreme necessity of self-control (necessary from every point of view) than they. It is not license we want, but justice; it is the cruelty and prejudice of convention which we wish to abolish—not the proper and just indignation of society with crimes against the social order. We want to make it possible for us to satisfy our inborn instincts (which are not concerned essentially with sexual acts, so called, alone) without thereby becoming criminals. One of us who would, under any circumstances, seduce a person of his own sex of immature age, and particularly one whose sexual complexion was unknown, deserves the severe punishment which would be meted out to a normal person who did the same to a young girl—but *no more*; while, so long as no public offense is given, there should be *no penalty or obloquy whatever* attached to sexual acts committed with full consent between mature persons. These acts may or may not be wrong and immoral, just as sexual acts between mature persons of different sexes may or may not be wrong or immoral. But in neither case has the law any concern; and public opinion should make no distinction between the two. It is in the highest degree important that it should be clearly understood that we want no relaxation of moral obligations. At present we suffer an inconceivably cruel wrong."

We have always to remember, and there is, indeed, no possibility of forgetting, that the question of homosexuality is a social question. Within certain limits, the gratification of the normal sexual impulse, even outside marriage, arouses no general or profound indignation; and is regarded as a private matter; rightly or wrongly, the gratification of the homosexual impulse is regarded as a public matter. This attitude is more or less exactly reflected in the law. Thus it happens that whenever a man is openly detected in a homosexual act, however exemplary his life may previously have been, however admirable it may still be in all other relations, every ordinary normal citi-

zen, however licentious and pleasure-loving his own life may be, feels it a moral duty to regard the offender as hopelessly damned and to help in hounding him out of society. At very brief intervals cases occur, and without reaching the newspapers are more or less widely known, in which distinguished men in various fields, not seldom clergymen, suddenly disappear from the country or commit suicide in consequence of some such exposure or the threat of it. It is probable that many obscure tragedies could find their explanation in a homosexual cause.

Some of the various tragic ways in which homosexual passions are revealed to society may be illustrated by the following communication from a correspondent, not himself inverted, who here narrates cases that came under his observation in various parts of the United States. The cases referred to will be known to many, but I have disguised the names of persons and places:—

“At the age of 14 I was a chorister at—— church, whose choir-master, an Englishman named M. W. M., was an accomplished man, seemingly a perfect gentleman, and a devout churchman. He never seemed to care for the society of ladies, never mingled much with the men, but sought companionship with the choristers of my age. He frequently visited at the homes of his favorites, to tea, and when he asked the parents' consent for George's or Frank's company on an excursion or to the theater, and then to spend the night with him, such request was invariably granted. I shall ever remember my first night with him; he began by fondling and caressing me, quieting my alarm by assurances of not hurting me, and after invoking me to secrecy and with promises of many future pleasures, I consented to his desire or passion, which he seemed to satisfy by an attempt at *fellatio*. Was this depravity? I would say 'No!' after reading his subsequent confession, found in his room after his death by suicide. This was brought about by his too intimate relations with the rector's son who contracted St. Vitus's dance and in the delirium of a fever that followed from nervous exhaustion told of him and his doings. A thorough investigation took place and M. fled, a broken-hearted and disgraced man, who, as the result of remorse, relentless persecution, and exposure through several years, ended his life by drowning himself. In his confession he spoke of having been raised under a very strong moral restraint and having lived an exemplary life, with the exception of this strange desire that his will-power could not control.

“The next case is that of C. H. He came of an old family of brainy men who have, and do yet, occupy prominent places in the pulpit and

the bar, and was himself a gifted young attorney. I knew him intimately, as for six years he was a close neighbor and we were associated in lodge-work. He was an effeminate little fellow: height, 5 feet 2 inches; weight, 105 pounds; very near-sighted; and he had a light voice, not a treble or falsetto, but still a voice that detracted materially from the beautiful rhetoric that flowed from his lips. He had served his country as its representative in the Legislature and had received the nomination for senator, over a hard-fought political battle. The last canvass and speeches were made at a town which was, in consequence, crowded. That night H. had to occupy a room with a stranger, named E., a travelling salesman. There were two beds in this room. Mr. E., on the following day told several people that during the night he was awakened by H., who had come over to his bed and had his mouth on his 'person,' and that he had threatened to kick him out of the room, but that H. pleaded with him and fell on his knees and swore that he had been overcome by a passion that he had heretofore controlled, and begged of him not to expose him. These facts coming to the notice of his opponents, within twenty-four hours, they hastened to take advantage of it by placarding H. as a second Oscar Wilde, and stating the facts as far as decency and the law allowed. H.'s friends came to him and gave him one of two alternatives: if guilty, either to kill himself or leave that section forever; if not guilty, to slay his traducer, E. H. affirmed his innocence, and in company with two friends, C. and J., took the train for——. Learning there that E. was at a town twelve miles east, they hired a fast livery and drove overland. They found E. at the station, awaiting the arrival of a train. H., with a pistol, strode forward and in his excitement said: 'You exposed me, did you?' Being near-sighted, his aim proved wide of the mark. E. sprang forward and grappled with H. for possession of the pistol, and was fired upon by C. and J., who shot him in the back. He expired in a few minutes, his last statement being to the effect that H. was guilty as accused. H., C., and J. were sentenced to the penitentiary for life. During my six years' acquaintance with H. I knew of nothing derogatory to his character, nor has anyone ever come forward to say that on any other occasion he ever displayed this weakness. I know his early life had a pure atmosphere, as he was an only child and the idol of both his parents, who builded high their hopes of his future success, and who survive this disgrace, but are broken-hearted.

"The next case is that of the Rev. T. W., professor at the University of ——. Mr. W. is a scholarly gentleman, affable in his address, eloquent in his oratory, and a fine classical scholar. He was exposed by some of his students, who, to use a slang phrase, accused him of being a 'head-worker.' At his examination by the faculty he confessed his

weakness, and said he could not control his unholy passion. His resignation was accepted both by the church and the college, and he left.

"I know of a few other cases that have their peculiar traits, and am confident that these persons did not become possessed of this habit through the so-called 'indiscretions of youth,' as in every case their early life was freer from contamination than that of 90 per cent. of the boys who, on reaching man's estate, have, like myself, no desire to deviate from the old-fashioned way formulated by our ancient sire, Adam."

It can scarcely be said that the consciousness of this attitude of society is favorable to the invert's attainment of a fairly sane and well-balanced state of mind. This is, indeed, one of the great difficulties in his way, and often causes him to waver between extremes of melancholia and egotistic exaltation. We regard all homosexuality with absolute and unmitigated disgust. We have been taught to venerate Alexander the Great, Epaminondas, Socrates, and other antique heroes; but they are safely buried in the remote past, and do not affect our scorn of homosexuality in the present.

It was in the fourth century, at Rome, that the strong modern opposition to homosexuality was first clearly formulated in law.¹ The Roman race had long been decaying; sexual perversions of all kinds flourished; the population was dwindling. At the same time, Christianity, with its Judaic-Pauline antagonism to homosexuality, was rapidly spreading. The statesmen of the day, anxious to quicken the failing pulses of national life, utilized this powerful Christian feeling. Constantine, Theodosius, and Valentinian all passed laws against homosexuality, the last, at all events, ordaining as penalty the *vindictæ flammæ*; but their enactments do not seem to have been strictly carried out. In the year 538, Justinian, professing terror of certain famines, earthquakes, and pestilences in which he saw the mysterious "recompense which was meet" prophesied by St. Paul,² issued

¹ Roman law previously seems to have been confined in this matter to the protection of boys. The Scantinian and other Roman laws against pederasty seem to have been usually a dead letter. See, for various notes and references, W. G. Holmes, *The Age of Justinian and Theodoro*, vol. i, p. 121.

² Epistle to the Romans, chapter i, verses 26-7.

his edict condemning unnatural offenders to the sword, "lest as the result of these impious acts" (as the preamble to his Novella 77 has it) "whole cities should perish, together with their inhabitants; for we are taught by Holy Scripture that through these acts cities have perished with the men in them."¹ This edict (which Justinian followed up by a fresh ordinance to the same effect) constituted the foundation of legal enactment and social opinion concerning the matter in Europe for thirteen hundred years.² In France the *vindices flammæ* survived to the last; St. Louis had handed over these sacrilegious offenders to the Church to be burned; in 1750 two pederasts were burned in the Place de Grève, and only a few years before the Revolution a Capuchin monk named Pascal was also burned.

After the Revolution, however, began a new movement, which has continued slowly and steadily ever since, though it still divides European nations into two groups. Justinian, Charlemagne, and St. Louis had insisted on the sin and sacrilege of sodomy as the ground for its punishment.³ It was doubtless largely as a religious offense that the *Code Napoléon* omitted to punish it. The French law makes a clear and logical distinction between crime on the one hand, vice and irreligion on the other, only concerning itself with the former. Homosexual practices in private, between two consenting adult parties, whether men or women, are absolutely unpunished by the *Code Napoléon* and by French law of today. Only under three conditions does the homosexual act come under the cognizance of

¹ In practice this penalty of death appears to have been sometimes commuted to ablation of the sexual organs.

² For a full sketch of the legal enactments against homosexual intercourse in ancient and modern times, see Numa Praetorius, "Die strafflichen Bestimmungen gegen den gleichgeschlechtlichen Verkehr," *Jahrbuch für sexuelle Zwischenstufen*, vol. i, pp. 97-158. This writer points out that Justinian, and still more clearly, Pius V, in the sixteenth century, distinguished between occasional homosexuality and deep-rooted inversion, habitual offenders alone, not those who had only been guilty once or twice, being punished.

³ The influence of the supposed connection of sodomy with unbelief, idolatry, and heresy in arousing the horror of it among earlier religions has been emphasized by Westermarck, *The Origin and Development of the Moral Ideas*, vol. i, p. 486 *et seq.*

the law as a crime: (1) when there is *outrage public à la pudeur*, —i.e., when the act is performed in public or with a possibility of witnesses; (2) when there is violence or absence of consent, in whatever degree the act may have been consummated; (3) when one of the parties is under age, or unable to give valid consent; in some cases it appears possible to apply Article 334 of the penal code, directed against habitual excitation to debauch of young persons of either sex under the age of 21.

This method of dealing with unnatural offenses has spread widely, at first because of the political influence of France, and more recently because such an attitude has commended itself on its merits. In Belgium the law is similar to that of the *Code Napoléon*, as it is also in Italy, Spain, Portugal, Roumania, Japan, and numerous South American lands. In Switzerland the law is a little vague and varies slightly in the different cantons, but it is not severe; in Geneva and some other cantons there is no penalty; the general tendency is to inflict brief imprisonment when serious complaints have been lodged, and cases can sometimes be settled privately by the magistrate.

The only large European countries in which homosexuality *per se* remains a penal offense appear to be Germany, Austria, Russia, and England. In several of the German States, such as Bavaria and Hanover, simple homosexuality formerly went unpunished, but when the laws of Prussia were in 1871 applied to the new German Empire this ceased to be the case, and unnatural carnality between males became an offense against the law. This article of the German Code (Section 175) has caused great discussion and much practical difficulty, because, although the terms of the law make it necessary to understand by *widernatürliche Unzucht* other practices besides *pedicatio*, not every homosexual practice is included; it must be some practice resembling normal coitus. There is a widespread opinion that this article of the code should be abolished; it appears that at one time an authoritative committee pronounced in favor of this step, and their proposition came near adoption. The Austrian law is somewhat similar to the German, but it

applies to women as well as to men; this is logical, for there is no reason why homosexuality should be punished in men and left unpunished in women. In Russia the law against homosexual practices appears to be very severe, involving, in some cases, banishment to Siberia and deprivation of civil rights; but it can scarcely be rigorously executed.

The existing law in England is severe, but simple. Carnal knowledge *per anum* of either a man or a woman or an animal is punishable by a sentence of penal servitude with not less than three years, or of imprisonment with not more than two years. Even "gross indecency" between males, however privately committed, has been since 1885 a penal offense.¹ The clause is open to criticism. With the omission of the words "or private," it would be sound and in harmony with the most enlightened European legislation; but it must be pointed out that an act only becomes indecent when those who perform it or witness it regard it as indecent. The act which brought each of us into the world is not indecent; it would become so if carried on in public. If two male persons, who have reached years of discretion, consent together to perform some act of sexual intimacy in private, no indecency has been committed. If one of the consenting parties subsequently proclaims the act, indecency may doubtless be created, as may happen also in the case of normal sexual intercourse, but it seems contrary to good policy that such proclamation should convert the act itself into a penal offense. Moreover, "gross indecency" between males usually means some form of mutual masturbation; no penal code regards masturbation as an offense, and there seems to be no sufficient reason why mutual masturbation should be so regarded.² The

¹ "Any male person who in public or private commits, or is a party to the commission of, or procures or attempts to procure the commission by any male person of, any act of gross indecency with another male person, shall be guilty of a misdemeanor, and, being convicted thereof, shall be liable at the discretion of the court to be imprisoned for any term not exceeding two years, with or without hard labor."

² This point is brought forward by Dr. Léon de Rode in his report on "L'Inversion Génitale et la Législation," prepared for the Third (Brussels) Congress of Criminal Anthropology in 1902. The same point is insisted on by some of my correspondents.

main point to be insured is that no boy or girl who has not reached years of discretion should be seduced or abused by an older person, and this point is equally well guaranteed on the basis introduced by the *Code Napoléon*. However shameful, disgusting, personally immoral, and indirectly antisocial it may be for two adult persons of the same sex, men or women, to consent together to perform an act of sexual intimacy in private, there is no sound or adequate ground for constituting such act a penal offense by law.

One of the most serious objections to the legal recognition of private "gross indecency" is the obvious fact that only in the rarest cases can such indecency become known to the police, and we thus perpetrate what is very much like a legal farce. "The breaking of few laws," as Moll truly observes, regarding the German law, "so often goes unpunished as of this." It is the same in England, as is amply evidenced by the fact that, of the English sexual invert, whose histories I have obtained, not one, so far as I am aware, has ever appeared in a police-court on this charge.

It may further be pointed out that legislation against homosexuality has no clear effect either in diminishing or increasing its prevalence. This must necessarily be so as regards the kernel of the homosexual group, if we are to regard a considerable proportion of cases as congenital. In France homosexuality *per se* has been untouched by the law for a century; yet it abounds, chiefly, it seems, among the lowest in the community; although the law is silent, social feeling is strong, and when—as has been the case in one instance—a man of undoubted genius has his name associated with this perversion it becomes difficult or impossible for the admirers of his work to associate with him personally; very few cases of homosexuality have been recorded in France among the more intelligent classes; the literature of homosexuality is there little more than the literature of male prostitution, as described by police-officials, and as carried on largely for the benefit of foreigners. In Germany and Austria, where the law against homosexuality is severe, it abounds also

perhaps to a much greater extent than in France;¹ it certainly asserts itself more vigorously; a far greater number of cases have been recorded than in any other country, and the German literature of homosexuality is very extensive, often issued in popular form, and sometimes enthusiastically eulogistic. In England the law is exceptionally severe; yet, according to the evidence of those who have an international acquaintance with these matters, homosexuality is fully as prevalent as on the Continent; some would say that it is more so. Much the same is true of the United States, though there is less to be seen on the surface. It cannot, therefore, be said that legislative enactments have very much influence on the prevalence of homosexuality. The chief effect seems to be that the attempt at suppression arouses the finer minds among sexual inverts to undertake the enthusiastic defense of homosexuality, while coarser minds are stimulated to cynical bravado.²

As regards the prevalence of homosexuality in the United States, I may quote from a well-informed American correspondent:—

"The great prevalence of sexual inversion in American cities is shown by the wide knowledge of its existence. Ninety-nine normal men out of a hundred have been accosted on the streets by inverts, or have among their acquaintances men whom they know to be sexually inverted. Everyone has seen inverts and knows what they are. The public attitude toward them is generally a negative one—indifference, amusement, contempt.

"The world of sexual inverts is, indeed, a large one in any American city, and it is a community distinctly organized—words, customs, traditions of its own; and every city has its numerous meeting-

¹ It is a remarkable and perhaps significant fact that, while homosexuality is today in absolute disrepute in France, it was not so under the less tolerant law of the seventeenth and eighteenth centuries. The Duc de Gesvres, as described by Besenval (*Mémoires*, i, p. 178), was a well-marked invert of feminine type, impotent, and publicly affecting all the manners of women; yet he was treated with consideration. In 1687 Madame, the mother of the Regent, writes implying that "all the young men and many of the old" practised pederasty: *il n'y a que les gens du commun qui aiment les femmes*. The marked tendency to inversion in the French royal family at this time is well known.

² A man with homosexual habits, I have been told, declared he would be sorry to see the English law changed, as then he would find no pleasure in his practices.

places: certain churches where inverters congregate; certain cafés well known for the inverted character of their patrons; certain streets where, at night, every fifth man is an invert. The inverters have their own 'clubs,' with nightly meetings. These 'clubs' are, really, dance-halls, attached to *saloons*, and presided over by the proprietor of the saloon, himself almost invariably an invert, as are all the waiters and musicians. The frequenters of these places are male sexual inverters (usually ranging from 17 to 30 years of age); sightseers find no difficulty in gaining entrance; truly, they are welcomed for the drinks they buy for the company—and other reasons. Singing and dancing turns by certain favorite performers are the features of these gatherings, with much gossip and drinking at the small tables ranged along the four walls of the room. The habitués of these places are, generally, inverters of the most pronounced type, *i.e.*, the completely feminine in voice and manners, with the characteristic hip motion in their walk; though I have never seen any approach to feminine dress there, doubtless the desire for it is not wanting and only police regulations relegate it to other occasions and places. You will rightly infer that the police know of these places and endure their existence for a consideration; it is not unusual for the inquiring stranger to be directed there by a policeman."

The Oscar Wilde trial (see *ante*, p. 48), with its wide publicity, and the fundamental nature of the questions it suggested, appears to have generally contributed to give definiteness and self-consciousness to the manifestations of homosexuality, and to have aroused inverters to take up a definite attitude. I have been assured in several quarters that this is so and that since that case the manifestations of homosexuality have become more pronounced. One correspondent writes:—

"Up to the time of the Oscar Wilde trial I had not known what the condition of the law was. The moral question in itself—its relation to my own life and that of my friends—I reckoned I had solved; but I now had to ask myself how far I was justified in not only breaking the law, but in being the cause of a like breach in others, and others younger than myself. I have never allowed the *dictum* of the law to interfere with what I deemed to be a moral development in any youth for whom I am responsible. I cannot say that the trial made me alter my course of life, of the rightness of which I was too convincingly persuaded, but it made me much more careful, and it probably sharpened my sense of responsibility for the young. Reviewing the results of the trial as a whole, it doubtless did inculcable harm, and it intensified our national vice of hypocrisy. But I think it also may have done some good in that it made those who, like myself, have thought and experienced deeply in the matter—and these must be no small few—

ready to strike a blow, when the time comes, for what we deem to be right, honorable, and clean."

From America a lady writes with reference to the moral position of inverts, though without allusion to the Wilde trial:—

"Inverts should have the courage and independence to be themselves, and to demand an investigation. If one strives to live honorably, and considers the greatest good to the greatest number, it is not a crime nor a disgrace to be an invert. I do not need the law to defend me, neither do I desire to have any concessions made for me, nor do I ask my friends to sacrifice their ideals for me. I too have ideals which I shall always hold. All that I desire—and I claim it as my right—is the freedom to exercise this divine gift of loving, which is not a menace to society nor a disgrace to me. Let it once be understood that the average invert is not a moral degenerate nor a mental degenerate, but simply a man or a woman who is less highly specialized, less completely differentiated, than other men and women, and I believe the prejudices against them will disappear, and if they live uprightly they will surely win the esteem and consideration of all thoughtful people. I know what it means to an invert—who feels himself set apart from the rest of mankind—to find one human heart who trusts him and understands him, and I know how almost impossible this is, and will be, until the world is made aware of these facts."

But, while the law has had no more influence in repressing abnormal sexuality than, wherever it has tried to do so, it has had in repressing the normal sexual instinct, it has served to foster another offense. What is called blackmailing in England, *chantage* in France, and *Erpressung* in Germany—in other words, the extortion of money by threats of exposing some real or fictitious offense—finds its chief field of activity in connection with homosexuality.¹ No doubt the removal of the penalty against simple homosexuality does not abolish blackmailing, as the existence of this kind of *chantage* in France shows, but it renders its success less probable.

On all these grounds, and taking into consideration the fact that the tendency of modern legislation generally, and the con-

¹ Blackmailing appears to be the most serious risk which the invert runs. Hirschfeld states in an interesting study of blackmailing (*Jahrbuch für sexuelle Zwischenstufen*, April, 1913) that his experience shows that among 10,000 homosexual persons hardly one falls a victim to the law, but over 3000 are victimized by blackmailers.

sensus of authoritative opinion in all countries, are in this direction, it seems reasonable to conclude that neither "sodomy" (*i.e.*, *immissio membri in anum hominis vel mulieris*) nor "gross indecency" ought to be penal offenses, except under certain special circumstances. That is to say, that if two persons of either or both sexes, having reached years of discretion,¹ privately consent to practise some perverted mode of sexual relationship, the law cannot be called upon to interfere. It should be the function of the law in this matter to prevent violence, to protect the young, and to preserve public order and decency. Whatever laws are laid down beyond this must be left to the individuals themselves, to the moralists, and to social opinion.

At the same time, and while such a modification in the law seems to be reasonable, the change effected would be less considerable than may appear at first sight. In a very large proportion, indeed, of cases boys are involved. It is instructive to observe that in Legludic's 246 cases (including victims and aggressors together) in France, 127, or more than half, were between the ages of 10 and 20, and 82, or exactly one-third, were between the ages of 10 and 14. A very considerable field of operation is thus still left for the law, whatever proportion of cases may meet with no other penalty than social opinion.

That, however, social opinion—law or no law—will speak with no uncertain voice is very evident. Once homosexuality was primarily a question of population or of religion. Now we hear little either of its economic aspects or of its sacrilegiousness; it is for us primarily a disgusting abomination, *i.e.*, a matter of taste, of esthetics; and, while unspeakably ugly to the majority, it is proclaimed as beautiful by a small minority. I do not know that we need find fault with this esthetic method of judging homosexuality. But it scarcely lends itself to legal purposes. To indulge in violent denunciation of the disgusting nature of homosexuality, and to measure the sentence by the

¹ Krafft-Ebing would place this age not under 16, the age at which in England girls may legally consent to normal sexual intercourse (*Psychopathia Sexualis*, 1893, p. 419). It certainly should not be lower.

disgust aroused, or to regret, as one English judge is reported to have regretted when giving sentence, that "gross indecency" is not punishable by death, is to import utterly foreign considerations into the matter. The judges who yield to this temptation would certainly never allow themselves to be consciously influenced on the bench by their political opinions. Yet esthetic opinions are quite as foreign to law as political opinions. An act does not become criminal because it is disgusting. To eat excrement, as Moll remarks, is extremely disgusting, but it is not criminal. The confusion which thus exists, even in the legal mind, between the disgusting and the criminal is additional evidence of the undesirability of the legal penalty for simple homosexuality. At the same time it shows that social opinion is amply adequate to deal with the manifestations of inverted sexuality. So much for the legal aspects of sexual inversion.

But while there can be no doubt about the amply adequate character of the existing social reaction to all manifestations of perverted sexuality, the question still remains how far not merely the law, but also the state of public opinion, should be modified in the light of such a psychological study as we have here undertaken. It is clear that this public opinion, molded chiefly or entirely with reference to gross vice, tends to be unduly violent in its reaction. What, then, is the reasonable attitude of society toward the congenital sexual invert? It seems to lie in the avoidance of two extremes. On the one hand, it cannot be expected to tolerate the invert who flouts his perversion in its face, and assumes that, because he would rather take his pleasure with a soldier or a policeman than with their sisters, he is of finer clay than the vulgar herd. On the other, it might well refrain from crushing with undiscerning ignorance beneath a burden of shame the subject of an abnormality which, as we have seen, has not been found incapable of fine uses. Inversion is an aberration from the usual course of nature. But the clash of contending elements which must often mark the history of such a deviation results now and again—by no means infrequently—in nobler activities than those yielded by the vast majority who are

born to consume the fruits of the earth. It bears, for the most part, its penalty in the structure of its own organism. We are bound to protect the helpless members of society against the invert. If we go farther, and seek to destroy the invert himself before he has sinned against society, we exceed the warrant of reason, and in so doing we may, perhaps, destroy also those children of the spirit which possess sometimes a greater worth than the children of the flesh.

Here we may leave this question of sexual inversion. In dealing with it I have sought to avoid that attitude of moral superiority which is so common in the literature of this subject, and have refrained from pointing out how loathsome this phenomenon is, or how hideous that. Such an attitude is as much out of place in scientific investigation as it is in judicial investigation, and may well be left to the amateur. The physician who feels nothing but disgust at the sight of disease is unlikely to bring either succor to his patients or instruction to his pupils.

That the investigation we have here pursued is not only profitable to us in succoring the social organism and its members, but also in bringing light into the region of sexual psychology, is now, I hope, clear to every reader who has followed me to this point. There are a multitude of social questions which we cannot face squarely and honestly unless we possess such precise knowledge as has been here brought together concerning the part played by the homosexual tendency in human life. Moreover, the study of this perverted tendency stretches beyond itself;

"O'er that art
Which you say adds to Nature, is an art
That Nature makes."

Pathology is but physiology working under new conditions. The stream of nature still flows into the bent channel of sexual inversion, and still runs according to law. We have not wasted our time in this toilsome excursion. With the knowledge here gained we are the better equipped to enter upon the study of the wider questions of sex.

APPENDICES.

APPENDIX A.

HOMOSEXUALITY AMONG TRAMPS.

BY "JOSIAH FLYNT."

I HAVE made a rather minute study of the tramp class in the United States, England, and Germany, but I know it best in the States. I have lived with the tramps there for eight consecutive months, besides passing numerous shorter periods in their company, and my acquaintance with them is nearly of ten years' standing. My purpose in going among them has been to learn about their life in particular and outcast life in general. This can only be done by becoming part and parcel of its manifestations.

There are two kinds of tramps in the United States: out-of-works and "hoboes." The out-of-works are not genuine vagabonds; they really want work and have no sympathy with the hoboes. The latter are the real tramps. They make a business of begging—a very good business too—and keep at it, as a rule, to the end of their days. Whisky and *Wanderlust*, or the love of wandering, are probably the main causes of their existence; but many of them are discouraged criminals, men who have tried their hand at crime and find that they lack criminal wit. They become tramps because they find that life "on the road" comes the nearest to the life they hoped to lead. They have enough talent to do very well as beggars, better, generally speaking, than the men who have reached the road simply as drunkards; they know more about the tricks of the trade and are cleverer in thinking out schemes and stories. All genuine tramps in America are, however, pretty much the same, as far as manners and philosophy are concerned, and all are equally

welcome at the "hang-out."¹ The class of society from which they are drawn is generally the very lowest of all, but there are some hoboes who have come from the very highest, and these latter are frequently as vicious and depraved as their less well-born brethren.

Concerning sexual inversion among tramps, there is a great deal to be said, and I cannot attempt to tell all I have heard about it, but merely to give a general account of the matter. Every hobo in the United States knows what "unnatural intercourse" means, talking about it freely, and, according to my finding, every tenth man practises it, and defends his conduct. Boys are the victims of this passion. The tramps gain possession of these boys in various ways. A common method is to stop for awhile in some town, and gain acquaintance with the slum children. They tell these children all sorts of stories about life "on the road," how they can ride on the railways for nothing, shoot Indians, and be "perfeshunnels" (professionals), and they choose some boy who specially pleases them. By smiles and flattering caresses they let him know that the stories are meant for him alone, and before long, if the boy is a suitable subject, he smiles back just as slyly. In time he learns to think that he is the favorite of the tramp, who will take him on his travels, and he begins to plan secret meetings with the man. The tramp, of course, continues to excite his imagination with stories and caresses, and some fine night there is one boy less in the town. On the road the lad is called a "prushun," and his protector a "jocker." The majority of prushuns are between 10 and 15 years of age, but I have known some under 10 and a few over 15. Each is compelled by hobo law to let his jocker do with him as he will, and many, I fear, learn to enjoy his treatment of them. They are also expected to beg in every town they come to, any laziness on their part receiving very severe punishment.

¹ This is the home of the fraternity. Practically it is any corner where they can lay their heads; but, as a rule, it is either a lodging-house, a freight-car, or a nest in the grass near the railway watering-tank.

How the act of unnatural intercourse takes place is not entirely clear; the hoboos are not agreed. From what I have personally observed I should say that it is usually what they call "leg-work" (intercural), but sometimes *immissio penis in anum*, the boy, in either case, lying on his stomach. I have heard terrible stories of the physical results to the boy of anal intercourse.

One evening, near Cumberland, Pennsylvania, I was an unwilling witness of one of the worst scenes that can be imagined. In company with eight hoboos, I was in a freight-car attached to a slowly moving train. A colored boy succeeded in scrambling into the car, and when the train was well under way again he was tripped up and "seduced" (to use the hobo euphemism) by each of the tramps. He made almost no resistance, and joked and laughed about the business as if he had expected it. This, indeed, I find to be the general feeling among the boys when they have been thoroughly initiated. At first they do not submit, and are inclined to run away or fight, but the men fondle and pet them, and after awhile they do not seem to care. Some of them have told me that they get as much pleasure out of the affair as the jocker does. Even little fellows under 10 have told me this, and I have known them to willfully tempt their jockers to intercourse. What the pleasure consists in I cannot say. The youngsters themselves describe it as a delightful tickling sensation in the parts involved, and this is possibly all that it amounts to among the smallest lads. Those who have passed the age of puberty seem to be satisfied in pretty much the same way that the men are. Among the men the practice is decidedly one of passion. The majority of them prefer a prushun to a woman, and nothing is more severely judged than rape. One often reads in the newspapers that a woman has been assaulted by a tramp, but the perverted tramp is never the guilty party.

I believe, however, that there are a few hoboos who have taken to boys because women are so scarce "on the road." For every woman in hoboland there are a hundred men. That this disproportion has something to do with the popularity of boys

is made clear by the following case: In a gaol, where I was confined for a month during my life in vagabondage, I got acquainted with a tramp who had the reputation of being a "sod" (sodomist). One day a woman came to the gaol to see her husband, who was awaiting trial. One of the prisoners said he had known her before she was married and had lived with her. The tramp was soon to be discharged, and he inquired where the woman lived. On learning that she was still approachable, he looked her up immediately after his release, and succeeded in staying with her for nearly a month. He told me later that he enjoyed his life with her much more than his intercourse with boys. I asked him why he went with boys at all, and he replied: "'Cause there ain't women enough. If I can't get them I've got to have the other."

It is in gaols that one sees the worst side of this perversion. In the daytime the prisoners are let out into a long hall, and can do much as they please; at night they are shut up, two and even four in a cell. If there are any boys in the crowd, they are made use of by all who care to have them. If they refuse to submit, they are gagged and held down. The sheriff seldom knows what goes on, and for the boys to say anything to him would be suicidal. There is a criminal ignorance all over the States concerning the life of these gaols, and things go on that would be impossible in any well-regulated prison. In one of these places I once witnessed the fiercest fight I have ever seen among hoboes; a boy was the cause of it. Two men said they loved him, and he seemed to return the affection of both with equal desire. A fight with razors was suggested to settle who should have him.¹ The men prepared for action, while the crowd gathered round to watch. They slashed away for over half an hour, cutting each other terribly, and then their backers stopped them for fear of fatal results. The boy was given to the one who was hurt the least.

¹ All hoboes carry razors, both for shaving and for defense. Strange to say, they succeed in smuggling them into gaols, as they are never searched thoroughly.

Jealousy is one of the first things one notices in connection with this passion. I have known them to withdraw entirely from the "hang-out" life simply to be sure that their prushuns were not touched by other tramps. Such attachments frequently last for years, and some boys remain with their first jockers until they are "emancipated."

Emancipation means freedom to "snare" some other boy, and make him submit as the other had been obliged to submit when younger. As a rule, the prushun is freed when he is able to protect himself. If he can defend his "honor" from all who come, he is accepted into the class of "old stagers," and may do as he likes. This is the one reward held out to prushuns during their apprenticeship. They are told that some day they can have a boy and use him as they have been used. Thus hoboland is always sure of recruits.

It is difficult to say how many tramps are sexually inverted. It is not even certainly known how many vagabonds there are in the country. I have stated in one of my papers on tramps that, counting the boys, there are between fifty and sixty thousand genuine hoboes in the United States. A vagabond in Texas who saw this statement wrote me that he considered my estimate too low. The newspapers have criticised it as too high, but they are unable to judge. If my figures are, as I believe, at least approximately correct, the sexually perverted tramps may be estimated at between five and six thousand; this includes men and boys.

I have been told lately by tramps that the boys are less numerous than they were a few years ago. They say that it is now a risky business to be seen with a boy, and that it is more profitable, as far as begging is concerned, to go without them. Whether this means that the passion is less fierce than it used to be, or that the men find sexual satisfaction among themselves, I cannot say definitely. But from what I know of their disinclination to adopt the latter alternative, I am inclined to think that the passion may be dying out somewhat. I am sure that women are not more numerous "on the road" than formerly, and

that the change, if real, has not been caused by them. So much for my finding in the United States.

In England, where I have also lived with tramps for some time, I have found very little contrary sexual feeling. In Germany, also, excepting in prisons and work-houses, it seems very little known among vagabonds. There are a few Jewish wanderers (sometimes peddlers) who are said to have boys in their company, and I am told that they use them as the hoboes in the United States use their boys, but I cannot prove this from personal observation. In England I have met a number of male tramps who had no hesitation in declaring their preference for their own sex, and particularly for boys, but I am bound to say that I have seldom seen them with boys; as a rule, they were quite alone, and they seem to live chiefly by themselves.

It is a noteworthy fact that both in England and Germany there are a great many women "on the road," or, at all events, so near it that intercourse with them is easy and cheap. In Germany almost every town has its quarter of "Stadt-Schieze"¹: women who sell their bodies for a very small sum. They seldom ask over thirty or forty pfennigs for a night, which is usually spent in the open air. In England it is practically the same thing. In all the large cities there are women who are glad to do business for three or four pence, and those "on the road" for even less.

The general impression made on me by the sexually perverted men I have met in vagabondage is that they are abnormally masculine. In their intercourse with boys they always take the active part. The boys have, in some cases, seemed to me uncommonly feminine, but not as a rule. In the main, they are very much like other lads, and I am unable to say whether their liking for the inverted relationship is inborn or acquired. That it is, however, a genuine liking, in altogether too many instances, I do not, in the least, doubt. As such, and all the more because it is such, it deserves to be more thoroughly investigated and more reasonably treated.

¹ This word is of Hebrew origin, and means girl (*Mädchen*).

"Josiah Flynt" who wrote the foregoing account of tramp-life for the second edition of this volume, was well known as author, sociologist, and tramp. He was especially, and it would seem by innate temperament, the tramp, which part he looked to perfection (he himself referred to his "weasoned face and diminutive form") and felt completely at home in. He was thus able to throw much light on the psychology of the tramp, and his books (such as *Tramping with Tramps*) are valuable from this point of view. His real name was F. Willard and he was a nephew of Miss Frances Willard. He died in Chicago, in 1907, at the age of 38, shortly after writing a frank and remarkable *Autobiography*. I am able to supplement his observations on tramps, so far as England is concerned, by the following passages from a detailed record sent to me by an English correspondent:—

"I am a male invert with complete feminine, sexual inclinations. Different meetings with 'tramps' led me to seek intimacy with them and for about twenty years I have gone on the 'tramp' myself so that I might come in the closest contact with them, in England, Scotland, and Wales.

"As in the United States, there are two classes of tramps those who would work, such as harvesters, road-makers, etc., and those who will not work, but make tramping a profession. Among both these classes my experience is that 90 per cent. or I even would be bold enough to say 100 per cent. indulge in homosexuality when the opportunity occurs, and I do not make any distinction between the two classes.

"There are numerous reasons for this and I will state a few. A certain number may prefer normal connection with a female, but except for those who tramp in vans and a limited number who have 'donnas' with them, women are not available, as prostitutes very seldom allow intimacy for 'love' except when drunk. Tramps are also afraid of any venereal disease as it means the misery of the Lock Hospital. Most of them are sociable and prefer to tramp with a 'make.' With this mate, with whom he sleeps and rests and 'boozes' when they are in funds, sexual intimacy naturally takes place, as my experience has been that one

of the two is male and the other female in their sexual desires, but I have known instances where they have acted both rôles. Then male prostitution is to be had for nothing, and even occasionally when a tramp meets a 'toff' it is a means of earning money, either fairly or otherwise. I have never known a male tramp to refuse satisfaction if I offered a drink or two, or a small sum of money. One told me that he envied 'no lords or toffs' as long as he got plenty of 'booze and buggery.'

"Another one, who told me that he had been twenty-five years on the road, said that he could not endure to sleep alone. (He was a pedlar, openly of cheap religious books and secretly of the vilest pamphlets and photographs). He had 'done time' and he said the greatest punishment to him was not being able to have a 'make' who would submit to penetration, though he was not particular what form the sexual act took. Another fine young man, whom I chanced to meet the very day he had been released from a long sentence in prison for burglary and with whom I passed a night of incessant and almost brutal intimacy, said his punishment was seeing men always about him and being unable to have connection with them. Another and very powerful influence in 'tramps' toward homosexuality is that, in the low lodging houses they are obliged to frequent, a single bed is perhaps double to one with a bedmate whom perhaps he has never seen before, and especially in hot weather, when the rule is nakedness.

"My sexual desires being for the male invert I have come most in contact with them and have found that they form much the larger class. Among harvesters and seafaring tramps it is seldom you find a 'dandy' such as I was considered, and as such I was eagerly courted, and any suggestion of intimacy on my part quickly responded to. As regards the use of young boys for homosexual indulgence, it is not common as it is too dangerous, though I have known boys, especially those belonging to vans or gypsies, to prostitute themselves, always for money.

"On one occasion I saw a boy who created quite an outburst of lust of homosexual nature. The incident took place

in a small seafaring town in Scotland one evening before a Fair was to be held. It occurred in a low public house where a number of very rough and mostly drunken men were assembled. A blind man came in led by an extremely pretty but effeminate-looking youth of about 17, wearing a ragged kilt and with bare legs and feet. He had long, curling, fair hair which reached to his shoulders and on it an old bonnet was perched. He also wore an old velveteen shooting jacket. All eyes were turned on the pair and they were quickly offered drinks. A remark was made by one man that he believed the youth was a lassie. The boy said, 'I will show you I am a laddie,' and pulled up his kilt, exposing his genitals and then his posterior. Boisterous laughter greeted this indecent exposure and suggestion, and more drinks were provided. The blind man then played his fiddle and the boy danced with frequent recurrences of the same indecencies. He was seized, kissed, and caressed by quite a number of men, some of whom endeavored to masturbate him, which he resisted, but performed it for them. After the closing time came, I and about ten or twelve men all occupied the same room; the old man continued to play, and the youth, stark naked, continued to dance and suggested we others should do so, and an erotic scene took place which was only closed to view by the 'boss' who was present putting out the lamp.

"Two classes of tramps I have met openly declare their preference for homosexuality. They are men who have been in the army and sailors and seafaring men in general. It is said that 'Jack has a wife in every port,' but I believe from my experience that the wife in many cases is of the male sex, and this among those of all nationalities, as is the case with soldiers. Among these also jealousy is more common than amongst ordinary tramps, and if you are 'dandy' to a soldier, if you make advances or receive them from a senior, trouble is likely to occur between them.

"I could give many instances of my own personal experiences to show that 'tramps' are looked upon by men in the country districts as legitimate, complacent, and purchaseable objects for homosexual lust."

APPENDIX B.

THE SCHOOL-FRIENDSHIPS OF GIRLS.

I.

A SCHOOL-FRIENDSHIP is termed by Italian girls a "flame" (*flamma*). This term, as explained by Obici and Marchesini, indicates, in school-slang, both the beloved person and the friendship in the abstract; but it is a friendship which has the note of passion as felt and understood in this environment. In every college the "flame" is regarded as a necessary institution. The relationship is usually of a markedly Platonic character, and generally exists between a boarder on one side and a day-pupil on the other. Notwithstanding, however, its apparently non-sexual nature, all the sexual manifestations of college youth circle around it, and in its varying aspects of differing intensity all the gradations of sexual sentiment may be expressed.

Obici and Marchesini carried on their investigation chiefly among the pupils of Normal schools, the age of the girls being between 12 and 19 or 20. There are both boarders and day-pupils at these colleges; the boarders are most inflammable, but it is the day-pupils who furnish the sparks.

Obici and Marchesini received much assistance in their studies from former pupils who are now themselves teachers. One of these, a day-pupil who had never herself been either the object or the agent in one of these passions, but had had ample opportunity of making personal observations, writes as follows: "The 'flame' proceeds exactly like a love-relationship; it often happens that one of the girls shows man-like characteristics, either in physical type or in energy and decision of character; the other lets herself be loved, acting with all the obstinacy—and one might almost say the shyness—of a girl with her lover. The beginning of these relationships is quite different from the usual beginnings of friendship. It is not by being always to-

gether, talking and studying together, that two become 'flames'; no, generally they do not even know each other; one sees the other on the stairs, in the garden, in the corridors, and the emotion that arises is nearly always called forth by beauty and physical grace. Then the one who is first struck begins a regular courtship: frequent walks in the garden when the other is likely to be at the window of her class-room, pauses on the stairs to see her pass; in short, a mute adoration made up of glances and sighs. Later come presents of beautiful flowers, and little messages conveyed by complacent companions. Finally, if the 'flame' shows signs of appreciating all these proofs of affection, comes the letter of declaration. Letters of declaration are long and ardent, to such a degree that they equal or surpass real love-declarations. The courted one nearly always accepts, sometimes with enthusiasm, oftenest with many objections and doubts as to the affection declared. It is only after many entreaties that she yields and the relationship begins."

Another collaborator who has herself always aroused very numerous "flames" gives a very similar description, together with other particulars. Thus she states: "It may be said that 60 per cent. of the girls in a college have 'flame' relationships, and that of the remaining 40 only half refuse from deliberate repulsion to such affections; the other 20 are excluded either because they are not sufficiently pleasing in appearance or because their characters do not inspire sympathy." And, regarding the method of beginning the relationship, she writes: "Sometimes 'flames' arise before the two future friends have even seen each other, merely because one of them is considered as beautiful, sympathetic, nice, or elegant. Elegance exerts an immense fascination, especially on the boarders, who are bound down by monotonous and simple habits. As soon as a boarder hears of a day-pupil that she is charming and elegant she begins to feel a lively sympathy toward her, rapidly reaching anxiety to see her. The longed-for morning at length arrives. The beloved, unconscious of the tumult of passions she has aroused, goes into school, not knowing that her walk, her movements, her

garments are being observed from stairs or dormitory corridor. . . . For the boarders these events constitute an important part of college-life, and often assume, for some, the aspect of a tragedy, which, fortunately, may be gradually resolved into a comedy or a farce."

Many letters are written in the course of these relationships; Obici and Marchesini have been able to read over 300 such letters which had been carefully preserved by the receivers and which, indeed, formed the chief material for their study. These letters clearly show that the "flame" most usually arises from a physical sympathy, an admiration of beauty and elegance. The letters written in this "flame" relationship are full of passion; they appear to be often written during periods of physical excitement and psychic erethism, and may be considered, Obici and Marchesini remark, a form of intellectual onanism, of which the writers afterward feel remorse and shame as of a physically dishonorable act. In reference to the underlying connection of these feelings with the sexual impulse, one of the lady collaborators writes: "I can say that a girl who is in love with a man never experiences 'flame' emotions for a companion."

Obici and Marchesini thus summarize the differential character of "flames" as distinguished from ordinary friendships: "(1) the extraordinary frequency with which, even by means of subterfuges, the lovers exchange letters; (2) the anxiety to see and talk to each other, to press each other's hands, to embrace and kiss; (3) the long conversations and the very long reveries; (4) persistent jealousy, with its manifold arts and usual results; (5) exaltation of the beloved's qualities; (6) the habit of writing the beloved's name everywhere; (7) absence of envy for the loved one's qualities; (8) the lover's abnegation in conquering all obstacles to the manifestations of her love; (9) the vanity with which some respond to 'flame' declarations; (10) the consciousness of doing a prohibited thing; (11) the pleasure of conquest, of which the trophies (letters, etc.) are preserved."

The difference between a "flame" and a friendship is very well marked in the absolute exclusiveness of the former, whence

arises the possibility of jealousy. At the same time friendship and love are here woven together. The letters are chaste (a few exceptions among so many letters not affecting this general rule), and the purity of the flame relationship is also shown by the fact that it is usually between boarders and day-pupils, girls in different classes and different rooms, and seldom between those who are living in close proximity to each other. "Certainly," writes one of the lady collaborators, "the first sensual manifestations develop in girls with physical excitement pure and simple, but (at all events, I would wish to believe it) the majority of college-girls find sufficient satisfaction in being as near as possible to the beloved person (of whichever sex), in mutual admiration and in kissing, or, very frequently, in conversation that is by no means moral, though usually very metaphorical. The object of such conversation is to discover the most important mysteries of human nature, the why and the wherefore; it deals with natural necessities, which the girl feels and has an intuition of, but as yet knows nothing definite about. Such conversations are the order of the day in schools and in colleges and specially revolve around procreation, the most difficult mystery of all. They are a heap of stupidities." This lady had only known of one definitely homosexual relationship during the whole of her college-life; the couple in question were little liked and had no other "flames." The chief general sexual manifestations, this lady concludes, which she had noted among her companions was a constant preoccupation with sexual mysteries and the necessity of talking about them perpetually.

Another lady collaborator who had lived in a Normal school had had somewhat wider experiences. She entered at the age of 14 and experienced the usual loneliness and unhappiness of a new pupil. One day as she was standing pensive and alone in a corner of the room, a companion—one who on her arrival had been charged to show her over the college—ran up to her, "embracing me, closing by mouth with a kiss, and softly caressing my hair. I gazed at her in astonishment, but experienced a delicious sensation of supreme comfort. Here began the idyll!

I was subjected to a furious tempest of kisses and caresses which quite stunned me and made me ask myself the reason of such a new and unforeseen affection. I ingenuously inquired the reason, and the reply was: 'I love you; you struck me immediately I saw you, because you are so beautiful and so white, and because it makes me happy and *soothes* me when I can pass my hands through your hair and kiss your plump, white face. I need a soul and a body.' This seemed to me the language of a superior person, for I could not grasp all its importance. As on the occasion when she first embraced me, I looked at her in astonishment and could not for the moment respond to a new fury of caresses and kisses. I felt that they were not like the kisses of my mamma, my papa, my brother, and other companions; they gave me unknown sensations; the contact of those moist and fleshy lips disturbed me. Then came the exchange of letters and the usual rights and duties of 'flames.' When we met in the presence of others we were only to greet each other simply, for 'flames' were strictly prohibited. I obeyed because I liked her, but also because I was afraid of her Othello-like jealousy. She would suffocate me, even bite me, when I played, joyously and thoughtlessly, with others, and woe to me if I failed to call her when I was combing my hair. She liked to see me with my hair down and would rest her head on my shoulder, especially if I were partially undressed. I let her do as she liked, and she would scold me severely because I was never first in longing for her, running to meet her, and kissing her. But at the same time the thought of losing her, the thought that perhaps one day she would shower her caresses on others, secretly wounded my heart. But I never told her this! One day, however, when with the head-mistress gazing at a beautiful landscape, I was suddenly overwhelmed with sadness and burst out crying. The head-mistress inquired what was the matter, and throwing myself in her arms I sobbed: 'I love her, and I shall die if she leaves off loving me!' She smiled, and the smile went through my heart. I saw at once how silly I was, and what a wrong road my companion was on. From that day

I could no longer endure my 'flame.' The separation was absolute; I courageously bore bites and insults, even scratches on my face, followed by long complaints and complete prostration. I thought it would be mean to accuse her, but I invented a pretext for having the number of my bed changed. This was because she would dress quietly and come to pass hours by my bed, resting her head on the pillow. She said she wished to smell the perfume of my health and freshness. 'This continual turbulent desire had now nauseated me, and I wished to avoid it altogether. Later I heard that she had formed a relationship which was not blessed by any sacred rite.'

Notwithstanding the Platonic character of the correspondences, Obici and Marchesini remark, there is really a substratum of emotional sexuality beneath it, and it is this which finds its expression in the indecorous conversations already referred to. The "flame" is a *love-fiction, a play of sexual love*. This characteristic comes out in the frequently romantic names, of men and women, invented to sign the letters.

Even in the letters themselves, however, the element of sexual impressionability may be traced. "On Friday we went to a service at San B.," writes one who was in an institution directed by nuns, "but unfortunately I saw M. L. at a window when I thought she was at A. and I was in a nervous state the whole time. Imagine that that dear woman was at the window with bare arms, and, as it seemed to me, in her chemise." No doubt a similar impression might have been made on a girl living in her own family. But it is certain that the imaginative coloring tends to be more lively in those living in colleges and shut off from that varied and innocent observation which renders those outside colleges freer and more unprejudiced. On a boy who is free to see as many women as he chooses a woman's face cannot make such an impression as on a boy who lives in a college and who is liable to be, as it were, electrified if he sees any object belonging to a woman, especially if he sees it by stealth or during a mood of erotism. Such an object calls out a whole series of wanton imaginations, which it could not do

in one who, by his environment, was already armed against any tendencies to erotic fetichism. The attraction exerted by that which we see but seldom, and around which fancy assiduously plays, the attraction of forbidden fruit, produces tendencies and habits which could scarcely develop in freedom. Curiosity is acute, and is augmented by the obstacles which stand in the way of its satisfaction. "Flame" attraction is the beginning of such a morbid fetichism. A sentiment which under other conditions would never have gone beyond ordinary friendship may thus become a "flame," and even a "flame" of markedly sexual character. Under these influences boys and girls feel the purest and simplest sentiments in a hyperesthetic manner. The girls here studied have lost an exact conception of the simple manifestations of friendship, and think they are giving evidence of exquisite sensibility and true friendship by loving a companion to madness; friendship in them has become a passion. That this intense desire to love a companion passionately is the result of the college environments may be seen by the following extract from a letter: "You know, dear, much better than I do how acutely girls living away from their own homes, and far from all those who are dearest to them on earth, feel the need of loving and being loved. You can understand how hard it is to be obliged to live without anyone to surround you with affection;" and the writer goes on to say how all her love turns to her correspondent.

While there is an unquestionable sexual element in the "flame" relationship, this cannot be regarded as an absolute expression of real congenital perversion of the sex-instinct. The frequency of the phenomena, as well as the fact that, on leaving college to enter social life, the girl usually ceases to feel these emotions, are sufficient to show the absence of congenital abnormality. The estimate of the frequency of "flames" in Normal schools, given to Obici and Marchesini by several lady collaborators, was about 60 per cent., but there is no reason to suppose that women teachers furnish a larger contingent of perverted individuals than other women. The root is organic, but the

manifestations are ideal and Platonic, in contrast with some other manifestations found in college-life. No inquiry was made as to the details of solitary sexual manifestations in the colleges, the fact that they exist to more or less extent being sufficiently recognized. The conversations already referred to are a measure of the excitations of sexuality existing in these college inmates and multiplied in energy by communication. Such discourse was, wrote one collaborator, the order of the day, and it took place chiefly at the time when letter-writing also was easiest. It may well be that sensual excitations, transformed into ethereal sentiments, serve to increase the intensity of the "flames."

Taken altogether, Obici and Marchesini conclude, the flame may be regarded as a *provisional synthesis*. We find here, in solution together, the physiological element of incipient sexuality, the psychical element of the tenderness natural to this age and sex, the element of occasion offered by the environment, and the social element with its nascent altruism.

II.

That the phenomena described in minute detail by Obici and Marchesini closely resemble the phenomena as they exist in English girls' schools is indicated by the following communication, for which I am indebted to a lady who is familiar with an English girls' college of very modern type:—

"From inquiries made in various quarters and through personal observation and experience I have come to the conclusion that the romantic and emotional attachments formed by girls for their female friends and companions, attachments which take a great hold of their minds for the time being, are far commoner than is generally supposed among English girls, more especially at school or college, or wherever a number of girls or young women live together in one institution, and are much secluded.

"As far as I have been able to find out, these attachments—which have their own local names, *e.g.*, 'raves,' 'spoons,' etc.—

are comparatively rare in the smaller private schools, and totally absent among girls of the poorer class attending Board and National schools, perhaps because they mix more freely with the opposite sex.

"I can say from personal experience that in one of the largest and best English colleges, where I spent some years, 'raving' is especially common in spite of arrangements which one would have thought would have abolished most unhealthy feelings. The arrangements there are very similar to a large boys' college. There are numerous boarding-houses, which have, on an average, forty to fifty students. Each house is under the management of a well-educated house-mistress assisted by house-governesses (quite separate from college-teachers). Each house has a large garden with tennis-courts, etc.; and cricket, hockey, and other games are carried on to a large extent, games being not only much encouraged, but much enjoyed. Each girl has a separate cubicle, or bedroom, and no junior (under 17 years of age) is allowed to enter the cubicle, or bedroom, of another without asking permission, or to go to the bedrooms during the day. In fact, everything is done to discourage any morbid feelings. But all the same, as far as my experience goes, the friendships there seem more violent and more emotional than in most places, and sex subjects form one of the chief topics of conversation.

"In such large schools and colleges these 'raves' are not only numerous, but seem to be perennial among the girls of all ages, from 13 years upward. Girls under that age may be fond of some other student or teacher, but in quite a different way. These 'raves' are not mere friendships in the ordinary sense of the word, nor are they incompatible with ordinary friendships. A girl with a 'rave' often has several intimate friends for whom affection is felt without the emotional feelings and pleasurable excitement which characterize a 'rave.'

"From what I have been told by those who have experienced these 'raves' and have since been in love with men, the emotions called forth in both cases were similar, although in the case of the 'rave' this fact was not recognized at the time. This appears

to point to a sexual basis, but, on the other hand, there are many cases where the feeling seems to be more spiritual, a sort of uplifting of the whole soul with an intense desire to lead a very good life—the feeling being one of reverence more than anything else for the loved one, with no desire to become too intimate and no desire for physical contact.

“‘Raves,’ as a rule, begin quite suddenly. They may be mutual or all on one side. In the case of schoolgirls the mutual ‘rave’ is generally found between two companions, or the girls may have a ‘rave’ for one of their teachers or some grown-up acquaintance, who does not necessarily enter into the school-life. In this case there may or may not be a feeling of affection for the girl by her ‘rave,’ though minus all the emotional feelings.

“Occasionally a senior student will have a ‘rave’ on a little girl, but these cases are rare and not very active in their symptoms, girls over 18 having fewer ‘raves’ and generally condemning them.

“In the large school already referred to, of which I have personal knowledge, ‘raving’ was very general, hardly anyone being free from it. Any fresh student would soon fall a victim to the fashion, which rather points to the fact that it is infectious. Sometimes there might be a lull in the general raving, only to reappear after an interval in more or less of an epidemic form. Sometimes nearly all the ‘raves’ were felt by students for their teachers; at other times it was more apparent between the girls themselves.

“Sometimes one teacher was raved on by several girls. In many cases, the girls raving on a teacher would have a very great friendship with one of their companions—talking with each other constantly of their respective ‘raves,’ describing their feelings and generally letting off steam to one another, indulging sometimes in the active demonstrations of affection which they were debarred from showing the teacher herself, and in some cases having no desire to do so even if they could.

“As far as I have been able to judge, there is not necessarily any attraction for physical characteristics, as beauty, elegance,

etc.; the two participants are probably both of strong character or a weak character raves on a stronger, but rarely *vice versâ*.

"I have often noticed that the same person may be raved on at different times by several people of different characters and of all ages: say, up to 30 years of age. It is hard to say why some persons more than others should inspire this feeling. Often they are reserved, without any particular physical attraction, and often despising raving and emotional friendships, and give no encouragement to them. That the majority of 'raves' have a sexual basis may be true, but I am sure that in the majority of cases where young girls are concerned this is not in the least recognized, and no impurity is indulged in or wished for. The majority of the girls are entirely ignorant of all sexual matters, and understand nothing whatever about them. But they do wonder about them and talk about them constantly, more especially when they have a 'rave,' which seems to point to some subtle connection between the two. That this ignorance exists is largely to be deplored. The subject, if once thought of, is always thought of and talked of, and information is at length generally gained in a regrettable manner. From personal experience I know the evil results that this ignorance and constant endeavoring to find out everything has on the mind and bodies of schoolgirls. If children had the natural and simple laws of creation carefully explained to them by their parents, much harm would be prevented, and the conversation would not always turn on sexual matters. The Bible is often consulted for the discovery of hidden mysteries.

" 'Raves' on teachers are far commoner than between two girls. In this case the girl makes no secret of her attachment, constantly talking of it and describing her feelings to any who care to listen and writing long letters to her friends about the same. In the case of two girls there is more likely to be a sexual element, great pleasure being taken in close contact with one another and frequent kissing and hugging. When parted, long letters are written, often daily; they are full of affectionate expressions of love, etc., but there is also a frequent reference to

the happiness and desire to do well that their love has inspired them with, while often very deeply religious feelings appear to be generated and many good resolutions are made. Their various emotional feelings are described in every minute detail to each other.

"The duration of 'raves' varies. I have known them to last three or four years, more often only a few months. Occasionally what began as a 'rave' will turn into a sensible firm friendship. I imagine that there is seldom any actual inversion, and on growing up the 'raves' generally cease. That the 'ravers' feel and act like a pair of lovers there is no doubt, and the majority put down these romantic friendships for their own sex as due, in a great extent, in the case of girls at schools, to being without the society of the opposite sex. This may be true in some cases, but personally I think the question open to discussion. These friendships are often found among girls who have left school and have every liberty, even among girls who have had numerous flirtations with the opposite sex, who cannot be accused of inversion, and who have all the feminine and domestic characteristics.

"In illustration of these points I may bring forward the following case: A. and B. were two girls at the same college. They belonged to different cliques, or sets; occupied different bedrooms; never met in their school-work, and were practically only known to one another by name. One day they chanced to sit next to one another at some meal. They both already had 'raves,' A. on an actor she had lately seen, B. on a married woman at her home. The conversation happened to turn on 'raves,' and mutual attraction was *suddenly* felt. From that moment a new interest came into their lives. They lived for one another. At the time A. was 14, B. a year older. Both were somewhat precocious for their age, were practical, with plenty of common sense, very keen on games, interested in their lessons, and very independent, but at the same time with marked feminine characteristics and popular with the opposite sex. After the first feeling of interest there was a subtle excitement and desire

to meet again. All their thoughts were occupied with the subject. Each day they managed as many private meetings as possible. They met in the passages in order to say good-night with many embraces. As far as possible they hid their feelings from the rest of their world. They became inseparable, and a very lasting and real, but somewhat emotional, affection, in which the sexual element was certainly marked, sprang up between them. Although at the time they were both quite ignorant of sexual matters, yet they indulged their sexual instincts to some extent. They felt surcharged with hitherto unexperienced feelings and emotions, instinct urged them to let these have play, but instinctively they also had a feeling that to do so would be wrong. This feeling they endeavored to argue out and find reasons for. When parted for any length of time they felt very miserable and wrote pages to one another every day, pouring forth in writing their feelings for one another. In this time of active attraction they both became deeply religious for a time. The active part of the affection continued for three or four years, and now, after an interval of ten years, they are both exceedingly fond of one another, although their paths in life are divided and each has since experienced love for a man. Both look back upon the sexual element in their friendship with some interest. It may be remarked in passing that A. and B. are both attractive girls to men and women, and B. especially appears always to have roused 'rave' feelings in her own sex, without the slightest encouragement on her part. The duration of this 'rave' was exceptionally long, the majority only lasting a few months, while some girls have one 'rave' after another or two or three together.

"I may mention one other case, where I believe that if it had a sexual basis this was not recognized by the parties concerned or their friends. Two girls, over 20 years of age, passed in a corridor. A few words were exchanged: the beginning of a very warm and fast friendship. They said it was *not* a 'rave.' They were absolutely devoted to one another, but from what I know of them and what they have since told me, their feelings were quite free from any sexual desires, though their love for

one another was great. When parted they exchanged letters daily, but were always endeavoring to urge one another on in all the virtues, and as far as I can gather they never gave way to any feeling they thought was not for the good of their souls.

"Letters and presents are exchanged, vows of eternal love are made, quarrels are engaged in for the mere pleasure of reconciliation, and jealousy is easily manifested. Although 'raves' are chiefly found among school-girls, they are by no means confined to them, but are common among any community of women of any age, say, under 30, and are not unknown among married women when there is no inversion. In these cases there is usually, of course, no ignorance of sexual matters.

"Whether there is any direct harm in these friendships I have not been able to make up my mind. In the case of school-girls, if there is not too much emotion generated and if the sexual feelings are not indulged in, I think they may do more good than harm. Later on in life, when all one's desires and feelings are at their strongest, it is more doubtful."

III.

That the phenomena as found in the girls' colleges of America are exactly similar to those in Italy and England is shown, among other evidence, by some communications sent to Mr. E. G. Lancaster, of Clark University, Worcester, Mass., a few years ago.

Mr. E. G. Lancaster sent out a *questionnaire* to over 800 teachers and older pupils dealing with various points connected with adolescence, and received answers from 91 persons containing information which bore on the present question.¹ Of this number, 28 male and 41 female had been in love before the age of 25, while 11 of each sex had had no love experiences, this indicating, since the women were in a majority, that the absence of love experience is more common in men than in women.

¹ E. G. Lancaster, "The Psychology and Pedagogy of Adolescence," *Pedagogical Seminary*, July, 1897, p. 88.

These answers were from young people between 16 and 25 years of age. Two males and 7 females have loved imaginary characters, while 3 males and not less than 46 females speak of passionate love for the same sex. Love of the same sex, Lancaster remarks, though not generally known, is very common; it is not mere friendship; the love is strong, real, and passionate. It may be remarked that these 49 cases were reported without solicitation, since there was no reference to homosexual love in the *questionnaire*. Many of the answers to the syllabus are "so beautiful, Lancaster observes, that if they could be printed in full no comment would be necessary. He quotes a few of the answers. Thus a woman of 33 writes: "At 14 I had my first case of love, but it was with a girl. It was insane, intense love, but had the same quality and sensations as my first love with a man at 18. In neither case was the object idealized. I was perfectly aware of their faults; nevertheless my whole being was lost, immersed in their existence. The first lasted two years, the second seven years. No love has since been so intense, but now these persons, though living, are no more to me than the veriest stranger." Another woman of 35 writes: "Girls between the ages of 14 and 18 at college or girls' schools often fall in love with the same sex. This is not friendship. The loved one is older, more advanced, more charming or beautiful. When I was a freshman in college I knew at least thirty girls who were in love with a senior. Some sought her because it was the fashion, but I knew that my own homage and that of many others was sincere and passionate. I loved her because she was brilliant and utterly indifferent to the love shown her. She was not pretty, though at the time we thought her beautiful. One of her adorers, on being slighted, was ill for two weeks. On her return she was speaking to me when the object of our admiration came into the room. The shock was too great and she fainted. When I reached the senior year I was the recipient of languishing glances, original verses, roses, and passionate letters written at midnight and three in the morning." No similar confessions are recorded from men.

IV.

In South America corresponding phenomena have been found in schools and colleges of the same class. There they have been especially studied by Mercante in the convent High Schools of Buenos Aires where the students are girls between the ages of 10 and 22.¹ Mercante found that homosexuality here is not clearly defined or explicit and usually it is combined with a predisposition to romanticism and mysticism. It is usually of a passive kind, but in this form so widespread as to constitute a kind of epidemic. It was most manifest in institutions where the greatest stress was placed on religious instruction.

The recreations of the school in question were quiet and enervating; active or boisterous sports were prohibited to the end that good manners might be cultivated. In the play-rooms, the girls observed the strictest etiquette, and discipline was maintained independent of oversight by teachers. Mercante could hardly believe, however, that the decorum was more than external.

Later, when the girls broke up, they were found in pairs or small groups, in corners, on benches, beside the pillars, arm in arm or holding hands. What they were speaking of could be surmised. "Their conversation and confidences came to me indirectly. They were sweethearts talking about their affairs. In spite of the spiritual and feminine character of these unions, one element was active, the other passive, thus confirming the authorities on this matter, Garnier, Régis, Lombroso, Bonfigli."

Mercante found the points of view of the two members of each pair to be quite different in moral aspect. "One takes the initiative, she commands, she cares for, she offers, she gives, she makes decisions, she considers the present, she imagines the future, she smoothes over difficulties, gives encouragement and initiative, she commands, she cares for, she offers, she gives, she

¹ Victor Mercante, "Fetiquismo y Uranismo femenino en los internados educativos," *Archivos de Psiquiatria y Criminologia*, 1905, pp. 22-30; abstracted by D. C. McMurtrie, *Urologio Review*, August, 1914.

docile, gives way in matters of dispute, and expresses her affection with sweet words and promises of love and submission. The atmosphere, silent and quiet, was, however, charged with jealousy, squabble, desires, illusions, dreams, and lamentations."

Mercante's informant assured him that practically every girl had her affinity, and that there were at least twenty well-defined love affairs. The active party starts the conquest by making eyes, next she becomes more intimate, and finally proposes. Women being highly adaptable, the neophyte, unless she is rebellious, gets into the spirit of it all. If she is not complaisant, she must prepare for conflict, because the prey becomes more desirable the more the resistance encountered.

Opportunity was offered to Mercante to observe some of the correspondence between the girls. Though of indifferent training and ability in other respects, the girls speak and write regarding their affairs with most admirable diction and style. No data are given regarding the actual intimate relations between the girls.

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